Cheese and Avocado Quesadillas with Black Bean and Corn Salad

**Ingredients:**
**For the Quesadillas:**
- 4 8-inch whole wheat flour tortillas
- 8 ounces Cheddar Jack cheese
- 1 ripe avocado, cut into 8 thin slices
- 1 medium tomato, sliced thin, cut into 8 thin slices
- Vegetable oil spray

**For the Black Bean and Corn Salad:**
- ¼ cup olive oil
- 2 tablespoons lime juice or vinegar
- 1 teaspoon minced garlic
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 (15-ounce) can no-salt added black beans, drained and rinsed
- 1 (15-ounce) no-salt added corn, drained
- 1 red pepper, diced
- ¼ cup diced onion
- ¼ cup chopped fresh cilantro

**Directions:**
**For the Quesadillas:**
1. Heat oven to 400°. Lightly spray a baking sheet with vegetable oil spray.
2. Spread tortillas out on a flat surface. Place 1/4 cup of cheese onto half of each tortilla. Top with slices of avocado and tomato; sprinkle with another 1/4 cup cheese on each tortilla. Fold the the over side and press lightly. Place on prepared baking sheet. Lightly spray with vegetable oil spray. Bake for 8-10 minutes, or until browned and crispy.

**For the Black Bean and Corn Salad:**
1. In a large bowl, whisk together the olive oil, lime juice, garlic, cumin, salt and pepper. Add the beans, corn, red pepper, onion and cilantro. Toss to combine.

**Nutritional Information for 1 quesadilla and ¾ cup salad:**
- Calories: 527
- Total Fat: 13g
- Saturated Fat: 4g
- Protein: 26g
- Cholesterol: 69mg
- Carbohydrates: 52mg
- Dietary Fiber: 8g
- Sodium: 489mg