

Veggie Quesadilla

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-vegetarian-quesadilla-recipe>

Ingredients:

- 1 1/2 cups sharp cheddar cheese grated
- 1 cup black beans rinsed and drained
- 1/2 cup corn kernels frozen and thawed, or fresh and cooked
- 1 red onion small, chopped
- 1 tomato chopped
- 1 bunch cilantro chopped
- 1/2 white onion chopped
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- kosher salt to taste
- 4 flour tortillas
- sour cream garnish, optional
- salsa or pico de gallo, garnish, optional
- guacamole garnish, optional

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 70 milligrams
4. Fat: 30 grams
5. Fiber: 9 grams
6. Protein: 30 grams
7. SaturatedFat: 15 grams
8. Sodium: 1710 milligrams
9. Sugar: 8 grams

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