

# Black Bean Quesadilla

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 2 cups beans cooked blacked, I use canned, but you can soak and cook your own
- 1/3 cup salsa as hot as you like
- 1/4 cup chopped fresh cilantro
- 2 Roma tomatoes diced
- 2 cups baby spinach chopped
- 4 tortillas burrito-sized, \*, scroll down to read my rant about flour tortillas
- 1 cup shredded cheese any variety, optional
- salt to taste, recipe is bland without it
- romaine Chopped
- Roma tomatoes Diced
- fresh corn cooked and cut off the cob
- chopped cilantro
- spinach Chopped
- avocado Diced
- fresh lime juice

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 30 milligrams
4. Fat: 17 grams
5. Fiber: 8 grams
6. Protein: 17 grams
7. SaturatedFat: 8 grams
8. Sodium: 980 milligrams
9. Sugar: 7 grams

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