DietCloud – Recipe

Recipe Name: Cheese And Black Beans Quesadillas Recipe

Diet Type:

Course: Lunch

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Black beans - cooked • 1 Onion - chopped • 1 Tomato - chopped • 1 cup Cheddar cheese - grated • 1/2 teaspoon Cumin powder (Jeera) • 1/2 teaspoon Black pepper powder • Salt - as required • 2 tablespoon Extra Virgin Olive Oil • 5 Tortillas	3

Preparation

• Saute them till they become soft and translucent.

• Once they turn translucent, add the chopped tomatoes and cooked black beans.

• Cook the mixture on high flame for a couple of minutes.

• Next, add the pepper powder, cumin seed powder, salt and cook for about 30 seconds and switch off the heat.

• Heat a pan on low heat and put the flour tortillas on the pan.

• Gently drop enough cooked black beans topped with cheese.

• Fold the tortilla and press it with a spatula and cook for few more seconds.

• Flip the tortillas to toast the other side.

• Once the quesadillas are cooked properly, transfer them to a plate and cut in the shape of wedges.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)