



From the kitchen of:
Chef V, To Taste

Southwest Goat Cheese Quesadilla

Ingredients:

- 10 whole wheat tortillas
- Southwest Black Bean Corn Salad
- 10 oz. spreadable goat cheese
- olive oil

Southwest Black Bean Corn Salad:

- 1 can low-sodium corn
- 1 can low-sodium black beans
- Juice from 1 lime
- 2 Tbsp extra virgin olive oil
- ½ tsp cumin
- garlic clove, minced
- salt and pepper, to taste

Corn Salad Directions:

Drain and rinse black beans and corn. In a medium sized bowl make dressing. Whisk together lime juice, extra virgin olive oil, cumin, and garlic. Add beans and corn to dressing, tossing to combine. Add salt and pepper to taste. Consider adding chopped cilantro, diced bell pepper, diced purple onions, halved cherry tomatoes, and/or avocado for even more flavor and nutrition!

Quesadilla Directions:

Spread goat cheese evenly over 1 tortilla. Top one side of the tortilla with about ¼ cup of Southwest Black Bean Corn Salad. Fold in half. Brush a thin layer of olive oil on a griddle, saute pan, or electric griddle and heat over medium heat. Place quesadilla on griddle or pan and cook until lightly browned, about 2 minutes. Flip the quesadilla over and brown on the other side for another 2 minutes.

Servings: 10 quesadillas