BEAN + CHEESE QUESADILLAS

COOK TIME: 5 min | PREP TIME: 10 min | SERVINGS: 5

INGREDIENTS

- 1 whole can beans
- 1/2 small onion, diced
- 2 cups of shredded cheese
- 1 packet taco seasoning
- 10 small tortillas
- Optional toppings: avocado, corn, beef, rice, chicken, peppers, sour cream

PREPARATION

1. Combine cooked beans, onion, cheese, and taco seasoning in a bowl.
2. Place half a cup of bean filling on one side of the tortilla and fold over.
3. Cook in skillet on both sides over medium heat until brown and crispy.



NUTRITION NOTES

Beans contain a variety of nutrients such as fiber, iron, protein and B vitamins. The fiber and protein content in beans has been shown to help people feel fuller for longer.