

Pepper-Onion Quesadilla with Black Bean Cilantro Salad



Canton Bears
McKenney Middle School, Canton Central School

2013

Ingredients:

Salad

1 (15 oz) can	Yellow Corn
2 (15 oz) cans	Black Beans**
1 bunch	Cilantro
2	Green Onions
1	Red Onion, Small*
½	Red Bell Pepper
2	Garlic Cloves*
2 ½ Tbsp	Olive Oil
4 Tbsp	Red Wine Vinegar
¼-1/2 tsp	Salt

Quesadilla

1	Red Onion, Small*
½	Red Bell Pepper
½ Tbsp	Vegetable Oil
To taste	Salt & Pepper
4	Whole Wheat Tortillas**
1 cup	Cheddar Cheese, Light, Shredded*

Directions:

Salad

Drain the yellow corn. Drain and rinse both cans of black beans. Finely chop cilantro. Finely slice green onions. Finely chop red onion. Seed and chop red bell pepper. Mince garlic. Stir the corn, beans, cilantro, green onion, one small red onion, half a red bell pepper and garlic in a large bowl. Gently mix in the olive oil, vinegar, and salt. Stir and chill. Serve with Pepper and Onion Quesadillas.

Quesadilla

Dice one small red onion. Seed and dice half a red bell pepper. Sauté onion and pepper in vegetable oil until softened. Place one tortilla on a skillet or griddle. Sprinkle half the tortilla with 2 T. cheese and one-quarter of the onion/pepper mixture; top with 2 T cheese. Fold other half of tortilla over and press. Cook until tortilla is lightly browned; turn and cook until the second side is browned. Remove and keep warm. Repeat with remaining tortillas, onion/pepper mixture and cheese. Cut into wedges. Serve with Black Bean and Cilantro Salad.

*Local Product

**Commodity (USDA) Product