**Bean Quesadillas**

**1 recipe per 2-3 people**

**\*\*\* THIS IS A TEST. THERE IS NO TALKING TO OTHER PARTNERS OR ASKING THE TEACHER QUESTIONS\*\*\***

**Ingredients**

1- 12 inch flour tortilla

125 mL shredded cheese

½ green onion

1 mushroom

⅛ green pepper, diced

⅛ jalapeno pepper, minced

¼ tomato, diced

60 mL black beans

15 mL oil

60 mL salsa

Optional:

50 mL sour cream

**Directions:**

1. Wash all vegetables.
2. Grate cheese.
3. Slice onions and mushrooms; dice green peppers and tomato; mince jalapeno pepper.
4. Heat oil in skillet (frying pan) on medium heat. Sauté all vegetables for approximately 3 minutes. Add black beans and continue to cook for additional 2 minutes.
5. Remove from pan and place in a small bowl.
6. Lay tortilla in skillet (frying pan). On half of tortilla sprinkle grated cheese, and cooked vegetable and bean mixture from small bowl. Fold in half. Cook for 2 minutes.
7. Turn over to opposite side. Cook until golden brown.
8. Slide onto cutting board and cut into ¼‘s.
9. Serve with salsa and sour cream (if available). HEALTHIER OPTION: use plain yoghurt, very low-fat or fat free sour cream instead of regular sour cream.

