

## Black Bean & Pumpkin Quesadillas

Dinner, Mexican, Kid-Friendly

*Canned items are given new life with a few dashes of spice and a sprinkle of cheese. If you're looking for a way to feed a crowd, simply layer the tortillas, filling, and cheese in a 9x13 baking dish and bake at 425F for 20 minutes to make a Quesadilla Casserole!*

Makes 6 servings | Serving size: 2 quesadillas

Price Per Serving: \$0.91

Prep Time: 5 minutes | Cook Time: 5 minutes

1 15 oz. can pumpkin puree

1 15 oz. can black beans (low sodium if available)

½ cup chunky salsa

1 tsp chili powder

1 tsp cumin

½ tsp salt

1 ½ cups shredded cheese

12 corn tortillas



Preheat oven to 375. Drain and rinse black beans. Mix beans, pumpkin, salsa, and spices until well combined. Lay one tortilla flat. Place ½ cup of bean mixture on half of the tortilla and top with ¼ cup of shredded cheese. Fold over other half of tortilla and press down lightly to seal. Repeat with remaining tortillas, bean mixture, and cheese. Place quesadillas on a baking sheet and bake for 5-7 minutes until cheese is melted and tortilla is slightly crisp. Remove from oven and allow to sit for 2 minutes before cutting into wedges.

Nutrition:

269 calories, 4g fat, 11g fiber, 17g protein, 44g carbs

<b>Nutrition Facts</b>	
Serving Size 233 g	
<b>Amount Per Serving</b>	
<b>Calories</b> 269	Calories from Fat 34
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	6%
Saturated Fat 2g	8%
Trans Fat	
<b>Cholesterol</b> 6mg	2%
<b>Sodium</b> 328mg	14%
<b>Total Carbohydrate</b> 44g	15%
Dietary Fiber 11g	44%
Sugars 4g	
<b>Protein</b> 17g	
Vitamin A 220%	• Vitamin C 6%
Calcium 20%	• Iron 18%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	