Black Bean & Pumpkin Quesadillas
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