

SWEET CORN



HOW TO USE

Put it in a vegetable stir fry for a little extra sweetness; Add it to salsa or guacamole for some extra crunch; Cook it in the microwave for a couple of minutes, then top it with your favorite spices and lime juice; Add it to pizza.

HOW TO STORE

Keep it in a plastic bag with small holes in the refrigerator for up to 4 days.

HELPS SUPPORT

Heart health and digestion.

BLACK BEAN AND VEGETABLE QUESADILLAS

Servings: 6

Preparation Time: 25 Minutes

INGREDIENTS

- ½ can of black beans, no salt added (15 ½ ounces)
- ½ bunch (or 2 cups) of fresh spinach or other dark, leafy green
- 1 ear fresh corn, or 1 cup frozen or canned corn
- 4 ounces of low fat grated cheese
- 1 tablespoon oil
- 6 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray



Foto: Share Our Strength's Cooking Matters®

INSTRUCTIONS

1. Drain and rinse the black beans.
2. Rinse and chop the fresh spinach or other dark, leafy greens.
3. If using fresh corn, peel it. Then use a knife to cut the corn kernels off of the cob. If using canned or frozen corn, drain it.
4. Combine the black beans and vegetables in a bowl. Season the mixture with black pepper. Move the mixture into a medium bowl.
5. Spread the vegetables evenly on half of each tortilla. Fold the tortillas over and press lightly with a spatula or back of a fork to flatten them.
6. Heat the skillet over medium-high heat. Spray the skillet lightly with non-stick cooking spray. Add one folded tortilla, and cook it for about 4 minutes per side, or until both sides are golden brown. Repeat until all the quesadillas are cooked.
7. Cut each quesadilla into 2 wedges.

Adapted from Share Our Strength's Cooking Matters® www.CookingMatters.org