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

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