



Spinach and Bean Quesadillas

Ingredients

- Couple Handfuls of Spinach
- Soft tortillas
- Canned black beans
- 1 onion
- Garlic
- Cheese (cheddar and/or mozzarella)
- Cumin
- Red pepper flakes (optional)

Method

Sauté a few handfuls of chopped spinach with a chopped onion, a minced garlic clove, a cupful of black beans and a pinch each of cumin and hot pepper flakes (optional). Divide spinach mixture onto 2 small whole grain tortillas and sprinkle with a spoonful each of mozzarella cheese and cheddar cheese. Fold in half, brush with oil and pan-fry each quesadilla for about 2 minutes per side, until the cheese is melted. Serve with your favourite salsa.