

healthy **habits**

EATING WELL ON A BUDGET

Veggie & Bean Quesadillas

Approximate cost of the recipe: \$4.11 | Serves 4+

Ingredients:

- 6 Tortillas
- 1 tbsp extra virgin olive oil
- 1 can black beans
- 1 can corn
- 1 can diced tomatoes with green chills
- 1 10oz bag frozen chopped peppers and onions
- 1 avocado
- ¼ tsp salt
- ½ tsp cumin
- 1 8oz bag shredded cheese



Directions:

1. In a medium pan, add the olive oil. Once heated, add the chopped onions and peppers. Cook until onions begin to brown, about 5-7 minutes.
2. Add the canned corn, beans, tomatoes and seasonings.
3. Cook the mixture until heated through, about 5 minutes.
4. Remove the mixture from the heat and assemble the quesadillas. Add a few tablespoons of the mixture on the tortillas and add cheese. Fold the tortilla in half.
5. Heat a pan with a drizzle of olive oil. Add the folded quesadilla and cook until crispy and the cheese is melted. Enjoy!