

Sizzling Summer Menu:

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For more information contact
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Sizzling Quesadilla

Servings: 6

- 6 Tortillas (try whole wheat)
- 4 cups black beans, drained and rinsed
- 1 medium zucchini, chopped
- 1 cup bell peppers, chopped (green, red, and/or yellow)
- 1/2 red onion, chopped.
- 1/2 cup corn, cooked
- 1 packet taco seasoning
- 1 1/2 cups cheddar cheese

Combine beans, zucchini, peppers, onion, corn and seasoning. Sprinkle cheese on three tortillas. Place about 3/4 cup of the black bean mixture over each tortilla. For each tortilla, sprinkle a little more cheese over mixture and top with another tortilla. Grill on barbecue or bake in 400°F oven. Cook each quesadilla until golden brown on one side. Flip to brown the other side. Remove from heat and cut into six pieces. Serve 3 pieces per person. Can serve with chopped lettuce and tomatoes and sour cream.

Serve with cut peaches or cubed watermelon and cantaloupe.