



## Nutrition Information Program

# Broccoli & Black Bean Quesadillas

Makes 4 servings  
Serving size: 1 Tortilla

### Ingredients

4 (8-inch) flour tortillas  
1 cup black beans, cooked  
1 cup grated cheddar cheese  
1 cup broccoli, cooked  
1 tbsp. vegetable oil  
¼ cup salsa (optional)

### Instructions

1. Mash beans well with a potato masher.
2. Grate cheese and add to beans.
3. Chop the cooked broccoli and add to beans.\*\*
4. Heat oil in frying pan on medium heat.
5. Lay a tortilla flat on a plate. Put ¼ of the bean mixture on half the tortilla.
6. Fold the other half over and place in pan.
7. Cook 3-4 minutes on each side or until lightly browned.
8. Remove from pan and cut into quarters. Repeat for remaining tortillas.

\*\* You could add ¼ cup salsa to the bean mixture if desired.

Serve warm with salsa, guacamole, and/or fat free sour cream. If using a non-stick griddle there is no need to grease the pan.



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# Nutrition Facts

Serving Size (119g)  
Servings Per Container

Amount Per Serving

**Calories** 320     **Calories from Fat** 120

% Daily Value\*

**Total Fat** 14g **22%**

**Saturated Fat** 6g **30%**

**Trans Fat** 0g

**Cholesterol** 30mg **10%**

**Sodium** 190mg **8%**

**Total Carbohydrate** 33g **11%**

**Dietary Fiber** 9g **36%**

Sugars 2g

**Protein** 18g

Vitamin A 20%     •     Vitamin C 40%

Calcium 30%     •     Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	
		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

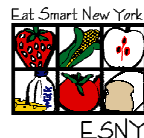
Fat 9 • Carbohydrate 4 • Protein 4

For more information about the  
Nutrition Information Program  
please call 845-677-8223 ext. 133

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Cornell University  
Cooperative Extension  
Dutchess County



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