



Zucchini Quesadillas

Serves 4

INGREDIENTS:

8 – 8-inch whole wheat tortillas
2 cups (4oz) Monterrey Jack (or other good melting cheese)
2-3 medium zucchini, halved and thinly sliced
Black Bean & Corn Salsa (see recipe)

INSTRUCTIONS:

1. Add $\frac{1}{4}$ Tbsp of neutral oil to a non-stick skillet or griddle over medium high. Add the sliced zucchini to the skillet and sautee until soft and lightly browned. Season to taste with salt and pepper. Clean out the pan.
2. Mix the sauteed zucchini with the shredded cheese.
3. Set the heat to low and lay a tortilla flat on the pan. On half of the tortilla, add a $\frac{1}{2}$ cup of the zucchini and cheese mixture and a $\frac{1}{2}$ cup of black bean and corn salsa.
4. Once the cheese is melted, fold the tortilla over to cover the zucchini and salsa mixture.
5. Toast for another 2 minutes or so, flipping once in between to warm through.
6. Continue steps 1 through 4 until there are no remaining ingredients.



Black Bean & Corn Salsa

Serves 4

INGREDIENTS:

1/2 medium onion, diced small
1 bunch scallions, thinly sliced
1 red bell pepper, diced small
3 Tbsp cilantro, roughly chopped
1 – 15.5oz can black beans, drained and rinsed
2 cups frozen corn, thawed
1/4 cup vegetable or olive oil
2 Tbsp red wine vinegar
Juice of 1 lime
1 tsp cumin
1/4 tsp salt
1/4 tsp black pepper

INSTRUCTIONS:

1. In a large bowl, combine onion, scallion, red pepper, cilantro, black beans, and corn.
2. In a small bowl or high-sided container, whisk together oil, vinegar, lime juice, and spices.
3. Pour dressing over salsa ingredients and let sit for 15 minutes to allow flavors to combine. Be sure to stir before serving!