



DANIEL STERN'S CRISPY SPICY BLACK BEAN QUESADILLAS

SERVING SIZE: 4 | COOKING TIME: 25 MINUTES | CONTAINS WHEAT

INGREDIENTS.....

4 (10 inch) soft flour tortilla/wraps
2 ripe avocados
4 Tablespoons (Tbsp) of salsa
1 (15.5 oz) can black beans
½ teaspoon (tsp) salt
3 Tablespoons (Tbsp) of olive oil
Sliced jalapeño (optional)

WHAT ELSE YOU'LL NEED

- Sauté pan/frying pan
- Fork
- Tongs or spatula
- Knife
- Mixing bowl

DIRECTIONS.....

1. Cut the avocado lengthwise around the pit/seed. Open the two halves of the avocado to expose the pit/seed in center.
2. Remove the pit/seed. Scoop the avocado into a mixing bowl.
3. Open the black beans. Drain the liquid from the can.
4. Add black beans, salsa and salt to the avocado in the mixing bowl (plus jalapeño if using).
5. Mash all ingredients in the bowl with a fork.
6. Spoon equal amounts of the avocado mix onto the 4 tortillas. Fold each tortilla in half to create a half moon/half circle.
7. Brush both sides of each tortilla with olive oil.
8. Warm your sauté pan/frying pan over medium heat.
9. Add the quesadillas one or two at a time (whatever fits without overlapping) into pan. Cook – about 1 minute on each side until golden and crispy.
10. Cut a half moon/half circle into 3 wedges/triangles to serve.



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