

## Black Bean Spinach Quesadilla

Serves 4 (Serving size – 1 quesadilla)

- ½ T olive oil
  - 1 C yellow onion, chopped
  - 1 tsp minced garlic
  - 240 g mushrooms, sliced
  - 1/4 tsp chili powder (optional or to taste)
  - 1 tsp cumin
  - 175 g canned corn, drained (optional)
  - 135 g loosely packed baby spinach
  - 160 g canned black beans, rinsed and drained
  - 2 T jarred jalapeño chilis, optional
  - Salt and freshly ground pepper, to taste
  - 8 flour tortillas (approx. 20-cm diameter) or smaller corn tortillas
  - 120 g shredded cheese
  - Fresh cilantro leaves, for garnish
1. Preheat oven to **200°C**. Line 2 baking sheets with kitchen paper.
  2. In a bowl, roughly mash **beans** with a fork.
  3. In a large nonstick skillet, heat the **olive oil** over **medium-high heat**.
  4. Add **onion** and cook until softened, **5-7 minutes**.
  5. Stir in **corn**, **chili powder**, **cumin** and mashed **beans** and cook until heated through.
  6. Add the **mushrooms** and sauté, stirring occasionally, **for 5 minutes**, or until mushrooms are light golden and most of the juices have evaporated.
  7. Add **spinach** and stir until wilted.
  8. Stir in **garlic** and cook until fragrant, **about 1 minute**. Remove from heat.
  9. Season with **salt** and **pepper** and set aside.
  10. Place 4 tortillas on prepared baking sheets. Spread mixture over tortillas and sprinkle with **cheese**. Top with remaining tortillas
  11. **Bake for 8-10 minutes**, or until cheese is melted and tortillas get crispy. **Let cool for 5 minutes** and then cut into wedges.

