

## BLACK BEAN AND CHEDDAR VEGETABLE QUESADILLAS

*These quesadillas are a crowd favorite. You can add grated corn, carrots, fresh baby spinach, grated summer squash, or any leftover vegetables to add more nutrients, flavor, and texture.*

SERVES 50 ADULTS

### INGREDIENTS

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50 9 inch whole wheat flour tortillas or whole wheat wraps  
1 #10 can low-sodium black beans, drained and rinsed and mashed or 1 recipe for Black Bean Dip  
13 cups low-sodium cheddar, shredded

### DIRECTIONS

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1. Preheat oven to 375°F.
2. Line 5 full sheet pans with parchment paper. Lay 6 flour tortillas on each sheet pan. Smear ½ cup mashed black beans or black bean dip on each tortilla evenly.
3. Sprinkle ½ cup shredded cheddar evenly onto each tortilla. If using any additional ingredients, add to the quesadilla now. Top with another tortilla and press firmly. Prepare all quesadillas.
4. Place into oven and cook for 12 minutes, until tortillas turn brown. Remove from oven.
5. Cool slightly and cut each quesadilla into quarters using a pizza wheel or knife.