



Black Bean and Cheddar Quesadillas

Yield: 60 servings (one to two quarters for each child)

60 9" whole wheat flour tortillas or whole wheat wraps

1 #10 can black beans, drained or 1 recipe for Black Bean Dip

15 cups shredded low sodium cheddar cheese

Optional additions: grated carrots, fresh baby spinach, grated summer squash, or any leftover raw or cooked vegetables which are grated or chopped finely.

Preheat oven to 350-400 °F. 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. Sprinkle ½ cup shredded cheddar evenly onto each tortilla. If using any additional ingredients, add to the quesadilla now. Top with another 9" tortilla and press firmly. Prepare all 30 quesadillas. Place into oven and cook for 12 minutes, until tortillas are just starting to turn brown. Remove from oven. Cool slightly and cut each quesadilla into quarters using a pizza wheel or sharp chef's knife. Serve one to two quarters to each child.