

Black Bean Quesadillas with Mango Salsa

Serves 4. Total time 25 minutes.

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These quesadillas are quick and easy. Feel free to substitute your other favorite ingredients such as chopped cooked chicken, corn, green peppers, tomatoes, diced zucchini, jalapeno, scallions, or parsley.

1 T. olive oil	Freshly ground black pepper to taste
1 onion, chopped	4 (8-inch) whole wheat tortillas
8 oz. portobello or button mushrooms, chopped	1 cup shredded 50% less-fat sharp cheddar cheese
1 large red pepper, chopped	1 mango, peeled and chopped
1 cup cooked black beans	2 T. finely chopped cilantro
1 tsp. cumin	Juice of $\frac{1}{2}$ lime (~1-2 T.)
1 tsp. chili powder	4 T. light sour cream
1/8 tsp. salt	

Preheat oven to 425° F. Warm oil in a large skillet over medium-high heat. Add onions and mushrooms; sauté 3-4 minutes until slightly softened. Add red peppers, black beans, cumin, chili powder, salt, and pepper, sauté 3 minutes; remove from heat. Place 2 tortillas side by side on a large baking sheet. Top each tortilla with half of black bean mixture, $\frac{1}{2}$ cup cheese, and remaining tortilla. Bake 5-7 minutes until tortillas are slightly crispy and cheese is melted.

Meanwhile, combine mango, cilantro, and lime juice. Slice quesadillas into six triangles. Top each 3 piece serving with 1 T. sour cream and $\frac{1}{4}$ of mango salsa.

Nutrition Information (per 1/4 recipe, $\frac{1}{2}$ quesadilla): 438 cal, 22 g protein, 14 g fat, 5 g sat. fat, 0 g trans fat, 60 g carb, 11 g fiber, 24 mg chol, 585 mg sodium. **1 serving equals:** 2 vegetables, 2 whole grain, 1.5 protein/ dairy, 1 fat

Did you know?

Mushrooms contain nutrients that may be beneficial to your health. For example, they contain the antioxidant ergothioneine along with selenium, potassium, and folate.

Did you know?

Black beans are excellent sources of soluble fibers that may help lower cholesterol and control blood glucose. They are also high in insoluble fibers that can improve digestive regularity and weight management. One half cup of cooked black beans contains an impressive 7.5 grams of fiber (30% Daily Value).

In addition to fiber, black beans are an inexpensive source of high quality protein. They contain folate, magnesium, and an array of beneficial phytochemicals, such phenolic compounds and protease inhibitors that have an anticancer effect. In fact, black beans have a high antioxidant score (ORAC) that rivals other nutrient powerhouses, such as blueberries.

Open up a can of black beans for a quick meal. You can remove much of the excess sodium with a thorough rinse under running water. Dried beans are another budget-friendly option. Once cooked, they can be refrigerated for a few days or frozen for later.

Try to include a wide variety of beans, peas, and lentils into your daily diet. They are delicious and nutritious.

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Shopping List

Produce Section

- 1 onion
- 8 oz. portobello or button mushrooms (see tip #1)
- 1 large red pepper
- 1 mango (see tip #2)
- 2 T. finely chopped cilantro (see tip #3)
- Juice of $\frac{1}{2}$ lime (~2 T.) (see tip #4)

Dry Goods Section

- 4 whole wheat tortillas (see tip #5)
- 1 T. olive oil
- 1 cup cooked black beans
- 1 tsp. cumin
- 1 tsp. chili powder

Meat/ Dairy Section

- 1 cup shredded 50% less-fat sharp cheddar cheese (see tip #6)
- 4 T. light sour cream

Smart Shopper Tip #1:

Portobello mushrooms offer a meaty texture and rich flavor to these quesadillas. You can substitute cremini mushrooms (also called baby portobellos) or button mushrooms if you prefer.

Smart Shopper Tip #2:

A mango is a green tropical fruit that changes to beautiful hues of red and yellow as it ripens. A ripe mango will yield to gentle pressure when squeezed. To cut a fresh mango, place it on its side and cut it lengthwise. You must cut around the long flat seed in the center.

Mango may also be available in cans or jars packed in juice or light syrup. Cubes of mango may be available in the freezer section (e.g., Europe's Best or Whole Foods 365 Brand). If you can't find mango, substitute fresh tomato salsa.

Smart Shopper Tip #3:

Cilantro is a classic flavor in Mexican cuisine. Chopped fresh parsley can be substituted but it won't have the same flavor.

Smart Shopper Tip #4:

To extract juice from a lemon or lime, microwave the entire fruit for 20 seconds in the microwave. Roll it on the countertop while squeezing firmly on all sides. Slice it in half and squeeze the juice over a clean hand to catch the seeds.

Smart Shopper Tip #5:

Toufayan makes whole wheat tortillas that are widely available.

Smart Shopper Tip #6:

Cabot makes delicious 50% less fat cheddar and Monterey Jack cheeses.