



Corn, Black Bean, and Roasted Tomato Quesadillas

Vegetarian Allergens: Milk, wheat Warm or cool weather
Yield: Baker's dozen (13) Shelf life: 5 days

Ingredients:

2 cups	onions
1 1/2 teaspoons	garlic
1 1/2 teaspoons	coriander, ground
1 1/2 teaspoons	cumin seed
3 teaspoons	salt
1/8 cup	canola oil
2 1/4 cups	corn
1 can (28 oz.)	fire-roasted tomatoes, drained
1 or 2 each	chipotle pepper(s), chopped fine
1 each	lime, zested and juiced
3–4 cans (15 oz. each)	black beans, drained (about 3 pounds cooked weight)
1 small bunch	cilantro
13 each	10–inch tomato tortillas
1 1/2 cups	cheese, shredded

Preparation:

1. Sauté onions, garlic, coriander, cumin seed, and salt in canola oil. Add corn, roasted tomatoes, chipotles, and lime juice and zest. Sauté an additional 5 minutes. Remove from heat.
2. Purée one half of the beans. Combine puréed beans with the remaining whole beans. Add beans to the sautéed mix and mix well.
3. Scoop 4 ounces of mix onto tortillas. Sprinkle with the 1/2-ounce of cheese and fold tortillas in half.
4. Grill or pan-fry until golden.