



## Black Bean Quesadillas

**Makes:** 6 servings

**Ready In:** 20 min **Prep:** 20 min

### Nutrition Information (per serving):

<b>Calories:</b> 260.	
<b>Protein:</b> 11.g	<b>Sodium:</b> 480.mg
<b>Added Sugar:</b> 0.g	<b>Cholesterol:</b> 20.mg
<b>Fiber:</b> 0.g	<b>Saturated Fat:</b> 5.g
<b>Carbohydrate:</b> 33.g	<b>Fat:</b> 10.g

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½ of a 7 oz container Wegmans Chopped Onions

1 Tbsp Wegmans Pure Olive Oil

1 can (15 oz) Wegmans Organic Vegetarian Refried Black Beans

Salt and pepper to taste

6 Wegmans Gordita Style 8-inch Fajita Tortillas

Wegmans Canola Oil Cooking Spray

½ of an 8 oz pkg Wegmans Mexican Shredded Cheese (Dairy Dept)

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**Preheat** oven to 400 degrees. Add oil and onions to sauté pan on MED; cook, stirring, 2-3 min, until soft but not browned. Add beans; stir to combine. Season with salt and pepper; remove from heat.

**Spread** tortilla with about 4 Tbsp bean mixture. Spray 12-inch cast-iron skillet with cooking spray; heat on MED. Transfer tortilla to skillet; top with about 3 Tbsp cheese. Fold in half; cook, 1-2 min per side, until browned. Transfer to parchment paper-lined baking sheet. Repeat with remaining tortillas.

**Place** baking sheet in oven; heat 3-5 min.

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