



# Black Bean and Corn Quesadillas

## INGREDIENTS

- 2 teaspoons olive oil
- 1 (15.5 ounce) can black beans drained and rinsed
- 1 (10 ounce) can corn
- 1 tablespoon brown sugar
- ¼ teaspoon red pepper flakes
- 2 tablespoons butter divided
- 8 (8 inch) flour tortillas
- 1 ½ cups shredded Monterey Jack Cheese divided

## DIRECTIONS

1. Heat oil in a large saucepan over medium heat. Stir in onion and cook until softened about 2 minutes. Stir in beans and corn then add sugar, salsa, and red pepper flakes; mix well. Cook until heated through about 3 minutes.
2. Melt 2 teaspoons of the butter in a large skillet over medium heat. Place tortilla in the skillet, sprinkle evenly with cheese, then top with some of the bean mixture. Place another tortilla on top, cook until golden, then flip and cook on the other side. Melt more butter as needed and repeat with remaining tortillas and filling.

# Fiesta Spanish Rice

**YIELD: 6 SERVINGS**

## **INGREDIENTS**

- Vegetable cooking spray
- ¼ cup chopped onion
- 2 cloves garlic, minced
- 1 (14 ½ ounce) can no-salt-added whole tomatoes, undrained and chopped
- 1 (13 ¾ ounce) can no-salt-added beef broth
- 1 (4 ounce) can chopped green chilis; undrained
- 1 ½ teaspoons chili powder
- 1/8 teaspoon salt
- Dash of hot sauce
- 1 cup long-grain rice, uncooked

## **DIRECTIONS**

1. Coat a large saucepan with cooking spray; place over medium-high heat until hot. Add onion and garlic; sauté until crisp-tender.
2. Stir in tomato and next 5 ingredients; bring to a boil.
3. Stir in rice. Cover, reduce heat, and simmer 20 to 25 minutes or until rice is tender and liquid is absorbed.



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