

The Flying Carrot's Summer Quesadilla

Cooking Time: 10 mins

Serving Size: 1 quesadilla Serves: 3-4



Ingredients:

- 1 medium summer squash
- 1 small onion
- 1 bell pepper
- 2 cloves minced garlic
- 1/2 can black beans (mash a little with fork)
- 4 tortillas (use corn tortillas for GF)
- 1/4 cup shredded cheese
- 1 TBS olive oil
- 1/2 tsp cumin
- pinch of salt

Directions:

Thoroughly wash vegetables and chop into 1/2 inch cubes.

In a frying pan, heat oil over medium heat. Add onions and cook until the onions turn semi-translucent (2-3 mins). Add garlic and the rest of the vegetables. Add cumin and salt. Cook 3 minutes.

Once fully cooked, removed from heat and set aside and mix with the black beans.

Warm a tortilla on the frying pan over medium-low heat. Place 1/4 cup filling in the tortilla. Sprinkle shredded cheese on top.

Fold in half and warm on skillet until cheese melts and tortilla is crispy.

Serve with *Flying Carrot's* eggplant salsa

