

Black Bean Quesadilla

Classic, simple and delicious. With Mexican-spiced black beans, plenty of Chihuahua cheese and fresh avocado, this is what a quesadilla should be.

20 *Minutes to the Table*

5 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

5 MEEZ CONTAINERS

Avocado

Tortillas

Cheese & Spices

Black Beans

Salsa Crema

Good to Know

Family Favorite!

Want to save the oven time? You can cook this on the stovetop, instead

Health snapshot per serving – 600 Calories, 23g Protein, 37g Fat, 48g Carbs, 14 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Avocado, Black Beans, Chihuahua Cheese, Tomato, Sour Cream, Lime Juice, Garlic, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400 and slice the **Avocado**.

2. Prep the Tortillas

Oil the baking sheet with 1½ Tbsp olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down.

3. Build the Quesadilla

Sprinkle half the **Cheese & Spices** on the first tortilla then top with half the **Black Beans** and half of the sliced avocado. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, beans and avocado. Repeat for the second tortilla.

4. Put It All Together

Bake the quesadillas until the tops are golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Cut into wedges and serve with the **Salsa Crema** and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois