

Quesadilla

Ingredients

- 1 whole-grain 8 inch flour tortilla (or gfcf tortilla, trader joes has rice ones or corn ones)/ or make a 8 inch roti at home.
- $\frac{1}{2}$ cup freshly grated cheddar cheese
- $\frac{1}{4}$ cup cooked black beans(or kidney beans)
- 1 tablespoon chopped red bell pepper (any color)
- 1 tablespoon chopped red onion or green onion
- 1 tablespoon chopped pickled jalapeño (optional)
- 1 teaspoon oil
- For people with dairy intolerance use cashew powder with refried beans as glue instead of cheese.

Optional

- Cumin powder
- Oregano
- Red chilly powder
- Garlic powder

STEPS

- 1) add pinch of salt, oregano, chilly and cumin powder to beans or refried beans.
- 2) add 1/2 tsp oil to griddle on low heat.
- 3) Put the tortilla on griddle

- 4) add 1/4th cheese(or refried bean mix), on tortilla. Spread it evenly.
- 5) add one tablespoon of peppers in even layer.
- 6) add, scallions evenly.
- 7) add 1/4 cup black beans if using
- 8) add 1/4 cup more cheese (refried beans with cheese powder) evenly spreading.
- 9) put the other tortilla on it
- 10) increase gas to medium.
- 11) add half teaspoon of oil.
- 12) press with spatula
- 13) flip carefully when sides are browned
- 14) press with spatula again.
- 15) remove from gas when browned.
- 16) cut with pizza cutter.
- 17) Serve with salsa and sour cream.