

## Seasonal Eating

# Black Bean Quesadillas

1/2 onion, chopped  
1/2 green bell pepper, chopped  
2 small tomatoes, chopped  
1 tablespoon olive oil + enough to coat pan  
1 cup canned black beans, drained and rinsed  
1/8 teaspoon chili powder  
pinch kosher salt and black pepper  
1/2 cup shredded Monterey Jack cheese  
2 flour tortillas  
ranch salad dressing or salsa, optional

In a medium skillet, sauté the onion, bell pepper and tomatoes in a tablespoon of olive oil until onion and peppers are tender, about 5 minutes. Add the beans and chili powder, stirring well and season with salt and pepper. Cook for a minute until the beans are warm. Pour into a bowl and set aside. Rinse the skillet and add a coating of olive oil. Heat the oil and then place one tortilla in the pan and sprinkle with half the Monterey Jack cheese. Cook over medium high heat until the cheese is melted and the tortilla is lightly browned. Add half the bean mixture to one half of the tortilla and fold the other half up over the filling like an omelet, pressing down to adhere the filling to the cheese. Remove to a plate and keep warm while you cook the other quesadilla. Serve alone or with a little ranch dressing or salsa on the side.