

Corn and Black Bean Quesadillas

Serves 6

Ingredients:

1 batch **Wellness Forum Health Delightfully Not Cheese Sauce**

1 large yellow onion, diced

1 large red bell pepper, diced

1 ten ounce bag frozen corn

1 fifteen ounce can black beans drained

6 large flour tortillas

Instructions:

- Prepare the Cheese Sauce according to package instructions and set it aside.
- Saute the onions and red bell pepper in a large sauce pan over medium heat for 8 minutes until the onions soften and start to brown.
- Add the frozen corn and black beans and cook until heated through, about 5 minutes.
- Heat a large skillet over a medium flame for 5 minutes. Add a flour tortilla to the pan and spread some of the cheese filling over half of the tortilla. Fold the other half over it and let it cook until the tortilla is lightly browned, about 4 minutes. Turn the quesadilla over and cook the other side, another 4 minutes.
- Repeat with the remaining filling and tortillas.