

Black Bean Salsa

Ingredients

- 1 (15 ounce) can black beans drained/rinsed
- 1 (14 ounce) can corn drained
- 1 medium tomato diced
- 1 green bell pepper stemmed, seeded, and diced
- 1 small red onion diced
- 1 clove garlic minced
- 2 tablespoons fresh or dried cilantro (optional)
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- fresh lime juice from 1 lime
- pinch of salt and ground black pepper
- tortilla chips for serving

Directions

1. In a large bowl, add beans, corn, tomatoes, bell pepper, onion, garlic, and cilantro. Add olive oil, red wine vinegar, lime juice, and salt and pepper to taste (I like ½ teaspoon salt, and ¼ teaspoon pepper). Stir to combine.
2. Cover and chill until serving time. Serve with tortilla chips or as an accompaniment to grilled meats

Black Bean Quesadillas

Ingredients

- 1 15oz. can black beans
- 1 cup frozen or canned corn
- 1/2 cup red onion, diced
- 1 clove garlic, minced
- 1/4 bunch fresh cilantro (about ½ cup chopped)
- 2 cups shredded cheddar cheese
- ½ package taco seasoning
- 10 flour tortillas

Directions

1. Drain the black beans and add them to a bowl along with the corn.
2. Finely dice the onion, mince the garlic, and roughly chop the cilantro.
3. Add the onion, garlic, cilantro, shredded cheddar, and taco seasoning to the bowl with the beans and corn. Stir until everything is evenly combined and coated in seasoning.
4. Place a half cup of the filling on one side of each tortilla and fold over. Cook the quesadillas in a skillet over medium heat on each side until brown and crispy and the cheesy filling has melted. Slice into triangles then serve.
5. To freeze the quesadillas, stack the filled and uncooked quesadillas with a piece of parchment paper between each quesadilla.
6. Place in a freezer bag and freeze for up to three months.
7. To reheat either microwave (for a soft quesadilla) or cook in a skillet on low heat (make sure to use low heat so that the filling has time to thaw and melt before the outside burns).