



Jack O Lantern Quesadillas with Midnight Salsa

MyPlate2Yours - Lynn Dugan

Ingredients

For Quesadillas:

- 8 small whole grain soft tortillas
- 1 cup canned refried beans (fat-free)
- 1 cup shredded cheddar cheese

For Midnight Salsa:

- 1 can black beans, rinsed and drained
- 1/2 cup corn kernels
- 1/2 cup chopped tomatoes
- 1/3 cup chopped red onion
- 2 tablespoons chopped cilantro
- 2 tablespoons lime juice
- 1 tablespoon red wine vinegar
- 1 teaspoon sea salt
- 1/4 teaspoon cumin

Directions

Preheat oven to 350 degrees. Place a tortilla on a cutting board. With the sharp tip of a paring knife, carve triangle shapes for eyes and a crescent shape for the mouth. Repeat with 3 more tortillas. Place the other four tortillas on a baking sheet, spread each with a 1/4 cup of beans. Sprinkle each with a 1/4 cup of cheese. Next, top each with the carved tortilla and place in oven for 10 minutes (until cheese is bubbly and browning begins). Serve with Midnight Salsa.

For salsa, place all ingredients into a small bowl. Toss well and chill for 20 minutes.