



# SHEET PAN BLACK BEAN QUESADILLAS

July 3

National Eat Your Beans Day



## INGREDIENTS

- 8 Tortillas (about 8" across, enriched or whole grain-rich)
- 1/2 Cup Canned Pumpkin
- 4 Cups Black Beans
- 8 Ounces Shredded Cheddar Cheese
- 1/2 Teaspoon Ground Cumin

## DIRECTIONS

1. Preheat oven to 375° and line 2 baking sheets with parchment paper.
2. Place the tortillas on a baking sheet. Spread 1 tablespoon of pumpkin puree on half of each tortilla.
3. Top puree with 1/2 cup beans, 1 ounce cheese, and a sprinkle of cumin.
4. Bake for 5-7 minutes or until heated through and melty. Fold the empty side of the tortilla over and press down. Flip over and bake for an additional 2-3 minutes and remove from the oven.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

## MEAL TYPE

-  Snack

## YIELD

8 Quesadillas

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1/4 Quesadilla	1/4 Quesadilla	1/2 Quesadilla	1/2 Quesadilla