

BLACK BEAN AND CORN QUESADILLAS



 Makes 6

 Prep Time 10 minutes

 Cook Time 20 minutes



INGREDIENTS

- 1 small onion
- ½ red capsicum, deseeded and chopped
- 400g can **Wattie's Mexican Style Tomatoes**
- 400g can **Wattie's Black Beans in Springwater**, drained
- 1 cup **Wattie's Frozen Corn Kernels**
- 6 flour tortillas

METHOD

1. Heat a dash of oil in a frying pan. Add onion and red capsicum and cook over a medium heat for about 3 minutes until vegetables are soft. Pour over **Wattie's Mexican Tomatoes**. Bring to the boil. Reduce heat. Cook for 10 minutes until the sauce has thickened. Stir in **Wattie's Black Beans** and **Wattie's Frozen Corn Kernels**. Continue cooking for 5 minutes

- 1 cup grated low fat cheddar cheese
- Lite sour cream

until beans and corn are hot. Remove from the heat.

2. Preheat a sandwich press or use a frying pan. Place a tortilla on the base plate. Spread about $\frac{1}{2}$ cup of the hot mixture over one half of the tortilla. Sprinkle with grated cheese and fold over to enclose the filling. Cook for 3-4 minutes or until the quesadilla is crispy and hot, turning once if cooking in a frying pan Repeat for the remaining tortillas. Serve cut into wedges with sour cream and salad greens.