

This is an unusual quesadilla recipe. Everyone I have made these for has liked them.

## Chicken and Black Bean Quesadillas

### Ingredients:

1 cup shredded cooked chicken  
¼ cup slices green onions  
2/3 cup non- fat sour cream  
1/3 cup mayonnaise  
1 ½ cup low fat cheddar cheese, shredded  
2 cups black beans, cooked, rinsed, drained  
12 (8 inch) tortillas  
Non- fat cooking spray

### Directions

1. Heat oven to 375 degrees
2. In a large bowl, stir together all quesadilla ingredients except tortillas and no fat spray
3. Spread about ¼ cup of filing on half of each tortilla and fold in half.
4. Spray both sides of each tortilla with cooking spray.
5. Place on cookie sheet and bake 10-15 minutes or until heated.

Note: Top with salsa, low-fat sour cream, sliced green onions and tomatoes if desired.

Nutrition information for 1-8 inch filled quesadilla:

Calories 280, Fat 7 g, Protein 14 g, Carbohydrates 38 g, Saturated Fat 2 g, Fiber 4.5 g, Sodium 418 mg