

# Grilled Chicken Quesadillas with Black Beans and Corn

Slices

of grilled chicken breast, black beans, shredded cheese, and corn

tucked into a flour tortilla and grilled until toasty hot!

Served with

shredded lettuce, sour cream, tomatoes, and hot sauce, this is an easy

meal everyone will LOVE!

Yield:

6 servings (3 if used as a main dish)

Ingredients:

1 can (15 ounces, or about 1 3/4 cups freshly cooked) black beans, rinsed and drained

1/2 of a 15-ounce can of corn, drained (optional)

2 cups (8 ounces) shredded cheddar cheese or Mexican cheese blend

1 large or 2 medium grilled chicken breasts, sliced

Hot sauce, optional

1/2 cup chopped fresh cilantro

6 burrito-size flour tortillas

For serving (optional):

Shredded lettuce

Sour cream

Diced tomatoes

Fresh cilantro, chopped

Hot sauce

Instructions:

1. Combine the first 6 ingredients in a bowl for the filling.

2. Lay out the flour tortillas, and spread the filling evenly between them, in a semi-circle shape (half), so they can be folded in half.

3. Heat a griddle, indoor grill (like Foreman), or heavy skillet over medium heat. Place folded quesadillas in pan or on griddle and heat for a couple minutes on each side, until filling is hot, cheese inside is melted, and outsides are browned. Turn down the heat if they're browning too quickly, or turn up the heat if they're getting hot inside but not crisp and browned on the outside.

4. Remove quesadillas from griddle after cooking both sides. Cut in half or fourths with a pizza cutter or knife. Serve with lettuce, sour cream, tomatoes, hot sauce, and cilantro. You can stuff some toppings inside, or just spoon on top, or dip.



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This recipe was taken from Tammy's Recipes.