

# Hotel-Room Quesadilla

Makes 1 serving

## Ingredients

- 1 large whole wheat tortilla
- 1/2 cup shredded cheese
- 1/4 cup chopped bell peppers
- 1/4 cup black beans, drained and rinsed
- Optional: salsa or guacamole

*This is a great recipe for athletes or students who are travelling on a budget. If you're making this quesadilla at home, try lightly buttering the outside of the tortilla and heating in a frying pan at medium heat until the tortilla is golden brown. Flip once and repeat on the other side, and cut into triangles with a pizza cutter or knife.*

## Nutrition Facts

per 1 serving

**Calories 422** % Daily Value\*

**Carbohydrates 36g**

Fibre 8g

Sugar 4g

**Protein 22g**

**Fat 23g**

**Sodium 580mg**

25%

## Directions



1 Top half the tortilla with 1/4 cup of the cheese then sprinkle the chopped peppers and black beans over the cheese. Sprinkle the remaining cheese over the tortilla.



2 Fold the tortilla in half and fold into a piece of tinfoil slightly larger than the tortilla so filling remains inside the wrap and foil.



3 Using a hot iron press the tinfoil-wrapped quesadilla with medium pressure. Allow the the iron to sit for 2-3 minutes, or until tortilla is slightly golden. Flip the tortilla over and repeat on the other side.



4 Unwrap the quesadilla, slice into thirds and top with salsa and/or guacamole if desired.

5 **ENJOY** Enjoy!