



THE ingles TABLE

with Lindsay Moore
Black Bean Quesadilla

Shopping List

- 1 can of corn (drained)
- 1 can of Black Beans (drained)
- 1 package Ingles Pico de Gallo (or favorite Salsa)
- 1/4 Tsp Salt
- 1/4 Tsp Pepper

Side Salad

- Juice from 2 limes
- 1/2 cup diced Red Onion
- Fresh Cilantro
- Extra Virgin Olive Oil
- 1/2 Tsp Kosher Salt
- 1/2 Tsp Pepper
- Chopped Romaine



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Cooking Instructions

- 1)** Preheat Oven to 400°
- 2)** Line tortillas side by side on baking sheet. On one half, place a layer of cheese and using a slotted spoon, add a layer of black beans, a layer of corn, a bit of pico, salt, and pepper.
- 3)** Add one last layer of cheese and place another tortilla on top.
- 4)** Pop in Oven and Bake for 5-7 minutes or until golden brown and crispy on the outside, cheese melted slightly on the inside. While cooking, assemble vinaigrette.
- 5)** Add to a mason jar: lime juice, red onion, cilantro, olive oil, salt, and pepper. Shake. Set aside.
- 6)** Serve quesadillas with a side of romaine lettuce and homemade vinaigrette.
Enjoy!