

Smoky Bean Quesadillas

Swick

Makes 3 servings | Serves 3 | Active Time: 25 minutes | Total Time: 25 minutes

Chef's Notes

Hummus: Be sure to check the label to ensure the hummus does not contain added oils. Look for Oasis, Roots, and Cedars.

Chipotle Powder: Chipotle powder is made of dried and ground chipotle chiles (as opposed to “chili powder,” which is a mix of ground chiles with several spices like oregano, garlic powder, and cumin). It is moderately spicy.

Step 1: Prepare Chipotle Hummus

- 3/4 cup hummus
 - 3/4 teaspoon chipotle powder
- In a small bowl, combine hummus and chipotle powder; mix well. Cover and refrigerate until ready to assemble quesadillas.

Step 2: Sauté Onions and Peppers

- 3/4 yellow onion, chopped
 - 3/4 red or green bell pepper, chopped
- In a large skillet over medium heat, cook onions and bell peppers, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

Step 3: Make Filling

- 1 1/2 teaspoons mild chili powder
 - 3/4 teaspoon garlic powder
 - 3/4 teaspoon ground cumin
 - 7 1/2 oz frozen fire-roasted corn
 - 3 oz kale
 - 3/4 (15-oz) can black beans
 - sea salt
 - freshly ground black pepper
- Stir chili powder, garlic powder, and cumin into onions and peppers. Add roasted corn, kale, and black beans and cook, stirring occasionally, until kale has wilted, 1 to 2 minutes. Add water if needed to prevent sticking. Season with salt and pepper to taste.

Step 4: Make Quesadillas

- 12 corn tortillas
- For each quesadilla, spread one tortilla with chipotle hummus, top with bean-and-vegetable filling, then press another tortilla lightly on top.

Step 5: Cook Quesadillas

Heat a nonstick skillet or griddle over medium heat. Cook quesadillas, two at a time if necessary, turning once, until lightly browned and crisp, about 6 minutes.

Step 6: Serve

Cut into wedges to serve. Top with fresh salsa.