



Black Bean, Mango and Chicken Quesadillas with Salad

This Recipe Serves 4

Ingredients

Cooking spray

1 cup canned black beans,
rinsed and drained

1 cup cooked chicken, diced

2 tablespoons red onion, diced

¼ teaspoon cumin

½ cup mango, diced

8 corn tortillas

8 tablespoons reduced-fat, shredded
cheddar cheese

8 cups romaine lettuce salad

4 tablespoons Light Fiesta-Salsa Ranch
Salad Dressing

1. Spray a pan with cooking spray and heat it over medium-high. Add the black beans, chicken, red onions, and cumin; sauté for about 5 minutes. Add the mango and sauté for 1 minute. Remove the mixture from the pan and set aside in a bowl.
2. Spray the pan with cooking spray. Place 1 tortilla in the pan and spread 2 tablespoons cheese on top of the tortilla. Add ½ cup chicken/black bean mixture, and place another tortilla on top. Cook for 1-2 minutes, flip, and cook for 1-2 more minutes; until the cheese is melted.
3. Repeat this procedure for the remaining 3 quesadillas. Cut the quesadillas into triangles.
4. Serve one quesadilla over 2 cups lettuce salad and top with 1 tablespoon salad dressing. Repeat this procedure for the remaining 3 salads.

Make It Gluten-Free: Confirm all ingredients are gluten-free and this recipe can be made gluten-free.