

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Money Saving Meals: Black Bean and Corn Quesadillas

Time: 15 minutes
Prep time: 5 minute
Cook time: 10 minutes

Servings: 2

Recipe by Lauren Allen

Supplies/ Materials:

- ☐ Chef's knife
- ☐ Cutting board
- ☐ Spatula or large mixing spoon
- ☐ Large skillet
- ☐ Measuring spoons
- ☐ Measuring cups
- ☐ Can opener
- ☐ Stove top or standalone burner



Ingredients

- | | |
|--------------------------|---|
| 1 tsp olive oil | 1 tsp light brown sugar |
| 1 clove garlic | ½ tsp cumin |
| ¼ small onion | ½ tsp chili powder |
| ¼ red bell pepper | 2 cups shredded cheese (Monterrey jack, Colby Jack, or Cheddar) |
| 15 ounce can black beans | 4 large flour tortillas |
| 1 heaping cup corn | 2 tsp butter |
| ¼ cup salsa | Sour cream, for serving (optional) |

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Preparation

| Activity | Instructions |
|--|--|
| Kitchen Safety | <p>Wash hands with soap and warm water for 20 seconds.</p> <p>Dry hands and begin energy bite preparation.</p> |
| Time for "Mise En Place" (a French term that means "to put everything into place") | <p>Collect all cooking utensils/ingredients and arrange for optimal use.</p> <p>Thaw corn if using frozen.</p> <p>Rinse bell pepper, garlic and black beans.</p> <p>Dice bell pepper and mince garlic, set aside.</p> |
| Prepare quesadilla filling | <p>Heat olive oil in a large skillet over medium heat.</p> <p>Add the onion and bell pepper and sauté for 2-3 minutes.</p> <p>Add garlic and sauté for 30 seconds. Add black beans, corn, salsa, brown sugar, cumin and chili powder and stir to combine.</p> <p>Reduce heat to low.</p> |
| Assemble and cook quesadillas | <p>In another large skillet, melt a teaspoon of butter.</p> <p>Place one tortilla in the skillet. Add a sprinkle of cheese, followed by a heaping scoop of the black beans and corn mixture and spread into an even layer.</p> |