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

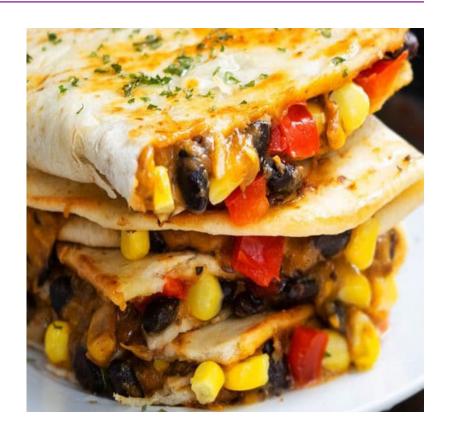
□ Large skillet

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