

BLACK BEAN AND AVOCADO QUESADILLAS

Serves Four

This recipe has a Mexican flare and goes well with Jade Rice Pilaf (pg. 239). Make your own healthy Tortilla Wrap (pg. 89) or buy good quality whole wheat wraps from the health food store.

8	medium tortillas wraps about 7 inches wide
1½	large ripe avocados, peeled, flesh removed & mashed
1	green onion, minced
1 tbsp	lime juice
¼ cup	red pepper, minced
¼ tsp	freshly ground pepper
¾ tsp	garlic powder
1 tsp	ground cumin
1½ tsp	sea salt
2-3 drops	Tabasco or your favourite hot sauce
1 cup	black beans, cooked
½ cup each	cheddar cheese & Monterey jack cheese, grated
1 tsp	olive oil

I use a grill pan on top of the stove but you can bake them on a baking sheet in a 350° F oven. Place all ingredients except cheese in a bowl and stir well. Divide the mixture equally amongst 4 of the wraps spreading to within ½ inch of the edge.

Sprinkle with the cheese and top with remaining 4 wraps. Over medium high heat brush the grill pan with oil and cook the quesadilla until grill marks appear, about 3-4 minutes. Repeat on other side. Remove and cut into wedges.