

Refried Bean and Corn Quesadillas

1/2 cup frozen whole kernel corn, thawed
2 tbsp. green onions, thinly sliced
1/4 tsp. cumin, ground
16 oz. fat-free refried beans
3/4 cup fat-free Monterey Jack cheese,
shredded
1/2 cup fat-free sour cream
Cilantro sprigs, optional
Jalapeno peppers, optional
8- 8" fat-free flour tortillas

Combine first 4 ingredients in a medium bowl, and stir well. Spread about 1/2 cup bean mixture over each of 4 tortillas, and top each with 3 tbsp. cheese and remaining tortillas. Coat a large nonstick skillet with vegetable cooking spray, and place over medium-high heat until hot. Add 1 quesadilla, and cook 3 minutes on each side or until golden. Remove quesadilla from skillet; set aside, and keep warm. Repeat procedure with remaining quesadillas.

Cut each quesadilla into 4 wedges. Serve warm with fat-free sour cream. Garnish with cilantro sprigs and jalapeno peppers, if desired. Makes 8 servings.

Nutrition information per serving: calories 191; protein 12 grams; fat 0 grams; sodium 576 mg