

Mexican Street Corn & Black Bean Quesadillas

Printable grocery list · Serves 4

- ☐ Frozen or fresh corn
- ☐ Black beans (15.5 oz can)
- ☐ Red onion
- ☐ Cilantro
- ☐ Crumbled cotija cheese (or feta)
- ☐ Fat free shredded cheddar cheese
- ☐ Plain fat free Greek yogurt or fat free sour cream
- ☐ Chili powder
- ☐ Smoked paprika
- ☐ Garlic powder
- ☐ Limes (2)
- ☐ Salt & pepper
- ☐ Carb counter large soft tortillas
- ☐ Cooking spray
- ☐ Avocado
- ☐ Hot sauce (optional)
- ☐ Salsa or pico de gallo