

Veggie Quesadila Wrap

A delicious and healthy wrap full of veggies and cheese. Perfect for lunch or dinner!



Main Dish

15 min

Total time

Easy

Difficulty

322

kcal / serving

Ingredients

- 1 large tortilla, 1/2 cup mashed black beans, 1/4 cup salsa, 1/4 cup diced bell pepper, 1/4 cup shredded cheese, 1/4 cup diced onion

Steps

- 1 Preheat a large skillet over medium heat.
- 2 Lay tortilla in the skillet and add black beans.
- 3 Top with salsa, bell peppers, cheese, and onion.
- 4 Fold tortilla over, pressing down, and cook until the cheese is melted and the tortilla is lightly golden brown.
- 5 Slice and serve immediately.