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Recipes**

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## **Black Bean Quesadilla and Cauliflower Rice**

### **INGREDIENTS**

- 1 15-ounce can black beans, rinsed
- 2 cup shredded monterey jack cheese or pepper jack
- ½ cup prepared fresh salsa
- 1 jalapeno, diced
- 4 8-inch flour tortillas
- 2 teaspoons canola oil, divided
- ½ cup frozen corn
- ¼ cup red onion
- 1 green bell pepper, diced
- ¼ cup fresh cilantro, chopped

### **For the Cauliflower Rice:**

- 1 head cauliflower, grated
- 1 tbsp olive oil
- ½ red onion, diced
- 1 jalapeno, diced
- 1 clove garlic
- ½ cup vegetable stock
- 1 cup cilantro, diced
- ½ lime, juiced

### **DIRECTIONS**

1. In a large bowl add your black beans, corn, cilantro, red onions, cheese, jalapeno, salsa and taco seasoning. Stir until combined.
2. Take your filling and scoop out about ½ cup per tortilla. Place on one side of the tortilla, fold over and press down for even coverage.
3. In a large non-stick skillet, lay your quesadilla down and cook two-at-a-time until golden brown. Flip and repeat.
4. Once ready, remove and place on a serving plate.
5. Meanwhile, in the same skillet on medium. Add your olive oil followed by red onions, garlic and jalapeno. Stir until tender, about 5 minutes.
6. Add your cauliflower, vegetable stock, and lime juice. Mix until tender. Once ready, remove from heat, add cilantro and stir.