

Guacamole With Black Bean And Tomato On Cheese Quesadillas



Serves 2-4

Ingredients

Guacamole

- ¼ cup red onion finely chopped
- 2 tbsp lemon juice
- 4 ripe avocados
- 3 tbsp lime juice
- 2 tbsp olive oil
- 1 tsp chili powder (to taste)
- Salt and pepper to taste
- 3 Italian tomatoes, deseeded and diced
- 1 can black beans, rinsed and drained
- ½ fresh coriander leaves, washed

Quesadillas

- 6 medium flour tortillas
- ¾ cup grated cheese- either Tex-Mex or Monterey Jack
- 1 tbsp olive oil or cooking spray

Preparation

1. In a small bowl, place the chopped onion and add 2 tbsp of lime juice. Mix well and let sit.
2. Place the flesh of the avocados in a medium bowl and smash with a fork. Drizzle with 3 tbsp of lemon juice, the chili powder, and salt and pepper to taste.
3. Gentle fold in the tomatoes, black beans and olive oil.

