



## BLACK BEAN AND TUNA QUESADILLAS

- 2 cans **Crown Prince Natural Tongol Tuna**, drained and flaked
- 1 15 ounce can black beans, drained
- 1/2 cup hot salsa
- 1 cup grated cheddar cheese
- 1/2 cup grated pepper jack cheese
- 3 green onions, sliced
- 1/4 cup chopped black olives
- 2 tablespoons chopped fresh cilantro
- 1 jalapeño pepper, seeded and finely chopped
- 6 10-inch flour tortillas



In a small bowl, mash beans with salsa. In a separate bowl, combine remaining ingredients except tortillas. Warm a small pan on medium heat. Place tortilla in pan and spread the bean mixture over half of the tortilla. Top with the tuna and cheese mixture. Fold the tortilla in half and gently press to seal. Flip once and cook until heated through. Repeat with remaining tortillas and serve warm. *Serves 6.*

*Per Serving: 301 Calories (109 Calories from Fat), 12g Fat, 19g Protein, 29g Carbohydrate, 38mg Cholesterol, 835mg Sodium*