

Healthy Recipe: Smashed Black Bean Quesadillas

Black beans, rich in protein and fiber and cancer-preventive antioxidants, are both healthy and a comfort food.

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Quesadillas are quick and easy to make, and these Smashed Black Bean Quesadillas are no different. They make a perfect lunch or dinner served along with a salad. They can be made with any ingredients you have on hand, as long as you have some cheese to hold it all together.

20 min prep

2 servings

11 ingredients

Ingredients

- ⅓ cup frozen corn kernels
- 2 tablespoons canola or grapeseed oil, divided
- ½ of a small onion, diced
- 1 cup canned black beans, drained and rinsed or [Basic Black Beans](#)
- 2 8-inch whole wheat tortillas or corn tortillas
- ½ avocado, peeled, pitted, and roughly chopped, divided
- ½ small jalapeno, deseeded and finely chopped, divided
- ½ cup grated sharp white cheddar or Monterey Jack cheese, divided
- Lime zest, for garnish
- Greek yogurt, for garnish
- Cilantro leaves, for garnish (optional)

Directions

1. In a hot skillet over high heat cook the corn until defrosted and turning brown. Remove from heat and set aside.
2. Turn the heat down to medium-high and add 1 tablespoon of oil and diced onion. Cook until the onions are translucent and caramelized. Add in the black beans. With the back of a wooden spoon smash the black beans into the bottom of the pan. Press until you have a chunky mash. If the beans look to dry stir in a tablespoon of water at a time. Remove from heat and set aside.
3. Wipe the same pan clean and add the remaining 1 tablespoon of oil over medium-high heat. Place 1 tortilla into the bottom of the pan, move around to make sure that the tortilla is completely lightly oiled. On one half only, press in half the smashed black beans, and sprinkle half the avocado, jalapeno, cheese, and corn—reserving the remaining half for the second quesadilla. Fold over the undressed side so you have a half moon. Cook on each side until browned, about 2 minutes per side. Remove from heat, and transfer to a board, cut into 4 triangular slices.
4. Repeat for the second quesadilla. Serve with lime zest and a dollop of yogurt.

Nutrition Info (per serving)

Calories: 628; Fat: 37g; Saturated Fat: 10g; Polyunsaturated Fat: 12g; Monounsaturated Fat: 12g; Carbohydrates: 57g; Sugar: 4g; Fiber: 14g; Protein: 21g; Sodium: 749mg

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [**Oncology Nutrition for Clinical Practice, 2nd Ed.**](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [**Academy of Nutrition and Dietetics**](#), and the [**American Institute for Cancer Research**](#) and the [**American Cancer Society**](#).

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