



Makes 6 quesadillas
Preparation Time: 25 minutes
Cook Time: 5 minutes

INGREDIENTS:

- 1 8-oz. container **oil-free hummus** (such as Oasis Zero Fat or Cedar's Fat-Free)
- 2 chipotle chiles in adobo sauce, finely chopped
- 1 12-oz. package frozen unseasoned Mexican or Southwest corn blend
- 1 15-oz. can no-salt-added black beans, rinsed and drained (1½ cups)
- ½ cup sliced scallions
- 12 6-inch corn tortillas
- 1 cup fresh salsa
- ½ cup chopped fresh mango

Chipotle Hummus Quesadillas

These colorful vegan quesadillas are perfect for nights when you need to throw together a quick dinner. Grocery store staples are transformed into a mouthwatering feast and a smoky chipotle **hummus** adds creaminess to this queso-free finger food. Served with a fruity **mango** salsa that only requires two ingredients, this party on a plate is a comforting and quick meal that you'll return to again and again.

Tip: If you can't find a frozen Mexican or Southwest corn blend, use 2 cups of frozen roasted corn and ½ cup of chopped fresh red bell pepper.

By Nancy Macklin, RDN

- 1** In a small bowl stir together hummus and chipotle chiles; mix well. In a large skillet cook frozen vegetables over medium 5 to 6 minutes or until crisp-tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in black beans and scallions; cook 1 to 2 minutes or until heated through.
- 2** Spread hummus on six tortillas. Top with vegetable mixture and remaining tortillas, pressing lightly.
- 3** Heat a nonstick griddle over medium. Cook quesadillas, in batches, 4 to 5 minutes or until browned, turning once. Keep warm on a baking sheet in a 200°F oven while cooking remaining quesadillas. Cut into wedges.
- 4** Stir together salsa and mango. Serve with quesadillas.