

Black Bean Quesadilla

2 tablespoons mild chunky salsa
1 tablespoon chopped cilantro
8 whole wheat tortillas

1 tablespoon chopped green onion
1 cup shredded Pepper Jack cheese
Cooking spray

1. Mash beans slightly; combine with salsa, green onion, cilantro and cheese.
2. Divide mixture on 4 tortillas, spreading almost to edges. Top with remaining tortillas.
3. Cook quesadillas in sprayed skillet on medium to medium-low heat until browned, 2 to 3 minutes on each side. Cut into wedges before serving.

Orange Cream Chiller

3 ounces orange juice concentrate
1 cup low-fat milk
1/2 cup nonfat plain Greek yogurt
1 banana frozen, or 3 frozen strawberries
1 teaspoon honey
1/2 teaspoon vanilla extract



Place all ingredients in a blender. Blend until smooth. Serve immediately or store in refrigerator.

Sources: <https://www.myplate.gov/eat-healthy/dairy>; <https://www.usdairy.com/recipes/orange-cream-chiller>
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