

## Vegetarian Quesadillas

<p><b>Equipment:</b></p> <p>Chopping boards Knives Bowls Measuring cups and spoons 2 frypans Egg flips Large frypans, or an electric flat grill that closes on its self</p>	<p><b>Ingredients:</b></p> <p>1 tablespoon olive oil 1 cup capsicum diced (colour of choice) 1 cup black beans canned, rinsed and drained 1/2 cup corn (canned, frozen or fresh) 1/2 cup onion diced (or 2 tbsp of diced chives) 2 cloves garlic minced or crushed 1 teaspoon cumin 1 teaspoon chili powder salt and pepper to taste 1/4 cup chopped coriander 4 medium tortillas (corn or flour) 2 cups shredded cheese</p> <p><u>For the sour-cream cilantro sauce:</u> 1/2 cup sour cream 1/4 cup mayo or replace with sour-cream or Greek yogurt 1/4 cup coriander minced Juice of 1/2 lime 1 tsp olive oil Salt and pepper to taste</p>
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### What to do:

1. Heat 1 tablespoon oil in a medium pan over medium-high heat. Add the oil, capsicum, black beans, corn, onion, cumin, chilli powder, salt, and pepper. Season with salt and pepper and cook for 3-4 minutes or until the capsicum and onions are softened. Turn off heat and stir in the coriander.
2. In a clean skillet over medium heat, add a tortilla. Top with cheese, cooked veggies mixture, and another layer of cheese. Place another tortilla on top and cook, flipping once, until golden on both sides, about 3 minutes per side. Repeat with remaining ingredients. Slice and serve with sour-cream cilantro sauce.
3. To make the **sour-cream cilantro sauce**. Whisk all the ingredients in a medium bowl until combined.