

**EXTENSION FAMILY AND CONSUMER SCIENCES PROGRAM  
BRADFORD COUNTY COOPERATIVE EXTENSION SERVICE  
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**Easy Baked Beef, Bean & Corn Quesadillas**

**INGREDIENTS**

1 pound Ground Beef (95% lean)	1/2 cup frozen corn, defrosted, drained well
Salt and pepper	
1 cup prepared salsa	8 small flour tortillas (6 to 7-inch diameter)
1/2 cup canned black beans, rinsed, drained	3/4 cup shredded reduced fat Cheddar cheese or Mexican cheese blend

**Instructions:**

- Heat oven to 400°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings; season with salt and pepper, as desired.
- Stir in salsa, beans and corn; cook and stir 4 to 5 minutes or until thickened and heated through.
- Spray baking sheet with cooking spray. Arrange 4 tortillas on baking sheet, overlapping slightly, if necessary. Sprinkle 1/2 of cheese evenly over tortillas. Spoon beef mixture evenly over cheese; top with remaining cheese and tortillas. Spray top tortillas with cooking spray.
- Bake in 400°F oven 11 to 13 minutes or until quesadillas are lightly browned and edges are crisp. Cut into wedges to serve.