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2025 October Resources

Pumpkin & Black Bean Quesadillas

Adapted from She Likes Food

MAKES 4 QUESADILLAS

Ingredients

- 1 cup canned pumpkin puree (not pumpkin pie mix)
- 1 (15 oz) can black beans, drained and rinsed
- ½ cup shredded cheddar (or dairy-free cheese of choice)
- ½ tsp ground cumin
- ½ tsp smoked paprika
- Salt & pepper to taste
- 4 large whole-wheat or gluten-free tortillas
- **Optional Add-Ins**: diced red bell pepper, chopped spinach, or sautéed onions
- **Optional Toppings:** plain Greek yogurt, avocado, salsa

Directions

1. **Mix the Filling:** In a bowl, combine pumpkin, black beans, cheese, spices, and optional veggies. Stir until well combined.
2. **Assemble:** Spread ½ cup of the filling on one half of a tortilla, then fold over. Repeat with remaining tortillas.
3. **Cook:** Heat a skillet over medium heat with a touch of oil or cooking spray. Cook each quesadilla for 2-3 minutes per side, or until golden brown and crispy.
4. **Serve:** Slice into triangles and serve with Greek yogurt, salsa, or avocado on the side.

Make It Spooky!

Use a Halloween cookie cutters to create fun shapes for kids.

Add olive “eyeballs” or bell pepper “jack-o-lantern faces” before serving.