

**CRAZY QUESADILLAS**

*Total preparation and cooking time: 25 to 30 minutes*

- 1 pound ground beef (90% to 95% lean)**
- 1 jar (16 ounces) prepared salsa with black beans and corn**
- 1-1/2 cups shredded spicy Mexican cheese blend *or* shredded Cheddar-Jack cheese with jalapeño peppers**
- 1/4 cup chopped fresh cilantro**
- 4 large flour tortillas (10-inch diameter)**
- Chopped fresh cilantro**

1. Heat oven to 350°F. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Pour off drippings.
2. Reserve 1/2 cup salsa. Add remaining salsa, cheese and 1/4 cup cilantro to beef; mix well. Spoon 1/4 of beef mixture onto half of each tortilla. Fold tortillas in half to close. Place on baking sheet.
3. Bake in 350°F oven 10 to 11 minutes or until filling is heated through and edges of tortillas are lightly browned and crisp. Sprinkle with cilantro, as desired; serve with reserved salsa.

***Makes 4 servings.***

***Cook's Tip:*** Prepared thick-and-chunky salsa may be substituted for the black bean and corn salsa.

***Nutrition information per serving:*** 601 calories; 23 g fat (12 g saturated fat; 5 g monounsaturated fat); 110 mg cholesterol; 1110 mg sodium; 53 g carbohydrate; 4.2 g fiber; 41 g protein; 8.8 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.3 mcg vitamin B<sub>12</sub>; 5.2 mg iron; 33.9 mcg selenium; 7.4 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber.