

Spiced Steak And Black Bean Quesadilla

Submitted by Angela McClure

Angela's mother is particularly fond of her famous spiced steak and black bean quesadillas, but Angela tries to cut back on how often she cooks them for her mother, who has high LDL cholesterol.



Franklin's new and improved recipe reduces the serving size and replaces the full-fat sour cream and cheese with low-fat ingredients so the dish can be served more frequently. He also used fresh vegetables and spices instead of packaged salsa and powdered spices to increase flavor and nutritional value.

SERVES 4

Nutrition Information

Amount Per Serving:

665 calories, 36g fat, 33g carbohydrates, 5g fiber

Individual Serving Size:

6 oz. steak and black bean quesadilla

Ingredients

1 1/2 lbs. skirt steak, cut in half or thirds as needed to fit in skillet
1 tbsp. vegetable oil
1/2 tsp. black pepper
1/2 tsp. cumin
1 tbsp. soy sauce
1 tbsp. chives
1/4 cup lowfat sour cream
1 cup freshly cooked black beans

1/4 cup red onion
1 clove garlic
1/2 bunch Cilantro
1/2 jalapeno, diced
2 tomatoes, seeded and diced
1 tbsp. extra virgin olive oil
4 oz. lowfat cheddar cheese
4 8-inch flour tortillas

Directions

Marinate the beef for two hours in soy, pepper, cumin and vegetable oil. Preheat a grill pan until hot. Place skirt steak on grill and cook to desired doneness. Mix 1 tbsp. fresh chives with 1/4 cup lowfat sour cream, set aside. Create a salsa with the black beans and tomatoes by combining the ingredients. Slice the meat after resting and serve inside a warm flour tortilla filled with the meat, salsa, sour cream and cheese.