

## Breakfast quesadillas with black beans, spinach and mushrooms

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Looking for an extra special breakfast recipe? Try these Mexican-inspired quesadillas with black beans, spinach and mushrooms.

### Ingredients (serves 4)

- 1 tbsp olive oil
- 200 g button [mushrooms](#), wiped clean and sliced
- 1 garlic clove, crushed
- 400 g tin black beans, drained and rinsed\*
- 1 vine-ripened tomato, diced
- 4 large wholegrain tortillas
- 50 g grated cheddar [cheese](#)
- 50 g baby English [spinach](#) leaves
- Hot chilli sauce, to taste
- Olive oil spray, for toasting
- 95 g natural yoghurt
- Sea salt and freshly ground black pepper
- [Coriander](#) leaves, to garnish

### Method

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## Breakfast quesadillas with black beans, spinach and mushrooms

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Heat olive oil in a large non-stick frying pan over medium-high heat. Add mushrooms and cook, stirring, for 3 to 4 minutes or until golden. Add garlic and cook for 30 seconds or until fragrant. Add beans and tomato and cook for 1 minute or until heated through. Season to taste with sea salt and freshly ground black pepper. Set aside.

Preheat a sandwich press. Spread a quarter of the mushroom mixture over half of a tortilla. Top with a quarter of the cheese, a quarter of the spinach leaves and chilli sauce to taste. Fold the tortilla over to enclose the filling. Repeat with the remaining tortillas and fillings.

Spray the quesadillas on both sides with oil. Cook in batches in the sandwich press for 3 minutes or until the quesadillas are crisp and the cheese has melted. Serve with a dollop of yoghurt, garnished with coriander.

\*You can replace the tinned beans with 255 g cooked black beans. And instead of using a sandwich press, you can cook the quesadillas in a large non-stick frying pan for 2 minutes each side.

Recipe and images from Super Legumes by [Chrissy Freer](#)

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