

Rapini and Black Bean Quesadillas

Ingredients

Marinated Rapini

- 1 large bunch of broccoli rabe or rapini (about 1 pound)
- A small handful of chopped fresh cilantro
- 1 tablespoon olive oil
- 2 teaspoons lime juice, to taste
- 1 medium clove garlic, pressed or minced
- Pinch of salt, to taste
- Pinch of red pepper flakes

Refried black beans

- 1 tablespoon olive oil
- 1 medium shallot, chopped, or 1/3 cup chopped red onion
- 1/4 teaspoon salt
- 1 clove garlic, pressed or minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1 can (15 ounces) black beans, rinsed and drained, or 1 1/2 cups cooked black beans
- 1/3 cup water



Remaining ingredients

- 4 small (8-inch) whole-grain tortillas
- 2 cups grated Monterey Jack or cheddar cheese
- Olive oil, for brushing
- Serving suggestions: salsa verde and/or guacamole



Continued...

1. In a bowl, whisk together olive oil, lime juice, garlic, salt, and red pepper flakes, then pour over washed rapini and cilantro. Set aside to marinate.
2. To prepare black beans, heat a skillet or saucepan over medium heat and warm olive oil. First cook onions or shallots until translucent, then add the garlic, cumin, and chili powder and cook, stirring constantly, for about a minute. Add the drained beans and water. Let the mixture come to a simmer and cook for 10 minutes, stirring often, and reducing heat as necessary to maintain a gentle simmer. Remove from heat and mash the beans with a potato masher, pastry cutter, or fork until the mixture is thick and spreadable.
3. To cook the quesadillas: Spread the bean mixture evenly over each tortilla. Warm a medium-to-large skillet over medium heat. Transfer one tortilla to the warmed skillet and sprinkle about one-fourth of the cheese over the bean mixture. Spread a handful of marinated broccoli rabe leaves over one-half of the tortilla, leaving any large buds in the bowl. Once the cheese is melting, fold the cheesy side over the broccoli rabe. Brush the top of the quesadilla lightly with oil. Once the cheese is fully melted, flip the quesadilla, and brush the top with oil. Let each side cook until golden and crisp, flipping as necessary. Transfer the cooked quesadilla to a plate, and repeat for the remaining quesadillas.
4. Serve with any remaining marinated broccoli rabe or beans on the side, as well as salsa verde and/or guacamole for dipping.