Black bean quesadilla with Corn Salsa

Ingredients

Quesadillas:
- 1 tablespoon olive oil
- 1 red bell pepper, chopped
- 1/2 teaspoon bottled minced garlic
- 1 1/2 teaspoons bottled minced garlic
- 1 can diced tomatoes
- 1/2 cup chopped fresh cilantro
- 1 (15-ounce) can black beans, drained and rinsed
- 4 (8-inch) flour tortillas
- Cooking spray
- 3/4 cup (3 ounces) shredded cheese

Salsa:
- 1 cup frozen whole-kernel corn
- 1/2 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice

Instructions

1. To prepare the quesadillas, preheat the broiler.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic; sauté 30 seconds. Add tomatoes, 1/2 cup cilantro, and beans; cook 5 minutes or until liquid evaporates, stirring occasionally. Place tortillas on a baking sheet coated with cooking spray. Top each tortilla with 1/2 cup bean mixture and 3 tablespoons cheese; fold in half. Lightly coat tops with cooking spray. Broil 3 minutes or until cheese melts and tortillas begin to brown. Cut each tortilla into 3 wedges.
3. To prepare salsa, combine corn and remaining ingredients in a small saucepan. Bring to a boil over high heat, and cook for 2 minutes, stirring frequently. Serve with quesadillas.