

# Sheet Pan Black Bean & Corn Quesadillas (Easy No-Chop Recipe!)

Prep: 10 minutes • Cook: 20 minutes

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*Crispy, golden sheet-pan quesadillas stuffed with a taco-seasoned black bean and corn filling and plenty of melty cheese. A no-chop, weeknight-friendly crowd-pleaser with bold, zesty flavors and a satisfying bite.*

## Ingredients

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- as needed avocado oil or cooking spray (for brushing the pan and tortillas)
- 2 (15.5-ounce) cans black beans (drained and rinsed)
- 12 ounces frozen corn (thawed)
- 8 ounces canned diced green chiles
- 2 tablespoons taco seasoning blend
- 1 teaspoon garlic powder
- 14 ounces Mexican-blend cheese
- 8 (10-inch) flour tortillas
- to serve salsa (optional)
- to serve pico de gallo (optional)
- to serve sour cream or avocado crema (optional)

## Instructions

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1. Preheat the oven to 420°F. Prepare two 9×13-inch baking trays; set one aside and generously grease the bottom of the other with oil or cooking spray.
2. Pat the drained black beans and thawed corn dry with a clean kitchen towel to remove excess moisture.
3. In a large bowl, combine the black beans, corn, diced green chiles, taco seasoning, and garlic powder; mix well to combine.
4. Arrange the tortillas around the edges of the greased baking sheet so they are half-on and half-off; place 1–2 tortillas in the center to cover any gaps.
5. Spread the bean and corn mixture evenly over the tortillas, then top evenly with the cheese.
6. Place 1–2 tortillas in the center again, then fold the edge tortillas over to fully enclose the filling; spray or brush the tops with oil.
7. Place the second baking sheet on top to weigh down the quesadillas and bake on the middle rack for 15 minutes.
8. Remove the top baking sheet and bake for an additional 5 minutes, or until the tortillas are golden.
9. Cut into 12 pieces directly on the tray; transfer with a spatula and serve with salsa, pico de gallo, sour cream, or

avocado crema.

10. Store leftovers in an airtight container in the refrigerator for up to 5 days or freeze up to 2 months. Reheat in a 350°F oven or toaster oven for 15–20 minutes.

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**Tags: Vegan, Sheet Pan, Tex-Mex, Quesadillas, Weeknight, Meal Prep**

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