Steak Quesadillas

8 whole wheat tortillas

flank steak

1/4 cup soy sauce

1/2 cup chicken broth

fresh grated ginger

1 teaspoon onion powder

1 clove minced garlic

1 cup Colby cheese, shredded

1 cup low fat refried black beans

1/2 avocado, sliced

1/2 cup salsa

Combine soy, 1/4 cup chicken broth, ginger, onion powder and garlic in a large ziploc bag. Add steak and refrigerate up to 8 hours. Remove steak and cook on the grill until desired doneness.

Warm beans with 1/4 cup chicken broth in saucepan.

Slice steak thinly across the grain. Spread a thin layer of beans on 4 tortillas. Layer steak, cheese and avocado on top of beans. Top with a second tortilla.

Carefully place the queasdilla on the grill and cook until browned on each side. Transfer the quesadilla to a cutting board and slice into sixths.