

Veggie Quesadillas

Makes: 4 servings

Ingredients

- cooking oil spray
- 1 small zucchini (small, washed and chopped)
- 1/2 broccoli head (washed and chopped)
- 1 green bell pepper (washed, seeded and chopped)
- 1 onion (small, peeled and chopped)
- 1 carrot (scrubbed and shredded)
- 4 whole wheat tortillas (10-inch)
- 1 cup cheddar cheese (shredded low-fat)
- 1/2 cup salsa

Directions

1. Spray pan with cooking oil spray.
2. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Flip quesadilla. Cook for 4 minutes or until tortilla browns.

Nutrition Information

Nutrients	Amount
Calories	240
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	380 mg
Total Carbohydrate	34 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	14 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

6. Repeat steps 3-5.

7. Cut each quesadilla in half. Serve with salsa.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar