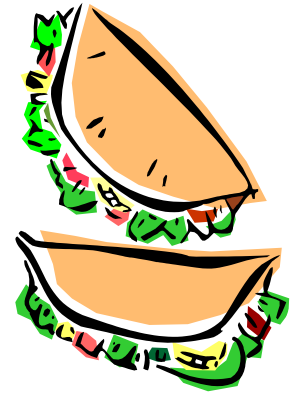


Vegetarian Quesadillas

Prep time: 15 minutes **Cook time:** 15 minutes

Ready in: 30 minutes **Serving Size:** 6 servings



Ingredients:

- ½ cup chopped red bell pepper
- ½ cup chopped zucchini
- ½ cup chopped yellow squash
- 6 9" corn tortillas
- 1 ¼ cup shredded cheddar, reduced fat
- 1 tbsp. canola oil

Directions:

1. In a large nonstick pan, cook red pepper, zucchini, yellow squash, onion and mushrooms in canola oil over a medium to medium-high heat for 7 minutes, or until just tender. Remove the vegetables from the pan.
2. Coat the same pan with cooking spray and place one tortilla in the pan.
3. Sprinkle ¼ cup of cheese evenly over tortilla and layer ¾ cup of vegetable mix over the cheese. Then put another 1/8 cup of cheese on the vegetables and top with a second tortilla.
4. Cook until golden on both sides for approximately 2-3 minutes per side. Remove quesadilla from the pan and repeat with the remaining ingredients.
5. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

****Tip: Yellow Squash.** Yellow squash is a good source of vitamin C, A, fiber, folate, copper, riboflavin, and phosphorus. They are also abundant in potassium and antioxidants.

Nutrition Facts (per serving):

Calories: 100

Fat: 3g

Cholesterol: 5mg

Sodium: 158mg

Carbohydrate: 13g

Fiber: 3g

Sugar: 1g

Protein: 7g

Attributed to allrecipes.com; Modified by Emily Madden; 2013 Dietetic Student
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