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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