

# Veggie Quesadillas II

Makes: 4 Servings

## Ingredients

- 4 tortillas, whole wheat (10 inch)
- 1 baby zucchini, small (diced)
- 1 1/2 cups broccoli, chopped
- 1 red bell pepper, seeded and diced
- 1 yellow onion, small (chopped)
- 1/2 cup carrots, shredded
- 1 cup cheddar cheese, low-fat (shredded or grated)
- 1/2 cup mozzarella cheese, part skim (shredded or grated)
- 1/2 teaspoon dried basil
- cooking spray

## Directions

1. Wash and chop vegetables.
2. Heat medium skillet to medium high and spray with cooking spray. Saute vegetables for 4-5 minutes, stirring frequently. Remove from pan.
3. Spray pan with cooking spray. Place tortilla in the pan. Sprinkle on half the vegetables and half of the cheese (layer cheese, vegetables, and cheese).
4. Place the other tortilla on top. Cook for 4-6 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
5. Carefully flip quesadilla. Cook for 4 minutes until cheese is warm and bubbles and tortilla browns. If you do not want to flip it, put a cover on the pan and cook until the cheese melts.
6. Remove from the pan. Place onto a cutting board and

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>314</b>
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	14 mg
Sodium	613 mg
Total Carbohydrate	48 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	0 g
<b>Protein</b>	<b>19 g</b>
Vitamin D	0 IU
Calcium	271 mg
Iron	3 mg
Potassium	518 mg

N/A - data is not available

### MyPlate Food Groups

 Vegetables	1 cup
 Grains	2 1/2 ounces
 Dairy	3/4 cup

cut into triangles. Enjoy.

## Notes

### Other Ideas

- Try a variety of vegetables: eggplant, tomatoes, mushrooms, green beans, cauliflower, garlic, corn or spinach.
- Season with fresh herbs - parsley, basil, cilantro, oregano, or dill.
- Sprinkle dry herbs - Italian seasoning, chili powder, cumin, or your favorite.
- Top with your favorite spicy salsa.

**Source:** Connecticut Food Policy Council, Farm Fresh Summer Recipes