

Veggie Quesadillas

This dish, full of veggies and cheese, is made with whole wheat tortillas. Top with salsa and use whatever vegetables you have on hand.

Makes: 4 servings

Ingredients

- 1 teaspoon oil
- 1 medium zucchini, chopped
- ½ head broccoli, chopped
- 1 medium green bell pepper, chopped
- 1 medium onion, chopped
- 1 medium carrot, shredded
- 4 medium whole wheat tortillas
- 1 cup cheddar cheese, shredded
- ½ cup of salsa



Directions

1. Heat oil in a pan for 1 minute.
2. Add vegetables and cook on medium heat for 4-5 minutes, stirring frequently. Remove from pan.
3. 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.
6. Repeat steps 3 - 5.
7. Cut each quesadilla in half. Serve with salsa.

Notes

- 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.

Recipe from: University of Maryland Extension, Food Supplement Nutrition Education Program, adapted by the USDA Food and Nutrition Administration.

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