

Silly Quesadilly

What You'll Need

- 1/2 cup green pepper, diced
- 1/2 cup red pepper, diced
- 1/2 cup onion, diced
- 1/2 cup zucchini, diced
- 1/2 cup black beans, drained
- 1/2 cup canned corn, drained
- 1 cup low fat cheddar cheese, shredded
- 6 six-inch whole wheat tortillas
- 1 teaspoon olive oil
- 1 cup salsa
- cooking spray

Serves 6

Let's Cook!

- 1 Preheat oven to 400 degrees.
- 2 Spray a medium pan with cooking spray.
- 3 Add oil to pan and cook the peppers, onions and zucchini on medium heat until soft (about 5 minutes).
- 4 Add beans, corn and 1/4 cup of salsa and cook for 3 minutes.
- 5 Spray a baking sheet with cooking spray and place 3 tortillas on sheet. Spoon vegetable mixture on tortillas and spread close to edges.
- 6 Sprinkle 1/3 cup of cheese on each tortilla and place another tortilla on top of each.
- 7 Bake in the oven for 5-7 minutes until cheese is melted and tortillas are crispy.
- 8 Cut quesadillas in quarters and serve with remaining salsa.

Nutrition Facts

Serving Size (179g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 620mg	26%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 10g	
Vitamin A 10%	• Vitamin C 50%
Calcium 10%	• Iron 6%

