



Fresh Veggie Quesadillas

Serves 6 (½ quesadilla each)

½ cup chopped red pepper

½ cup chopped zucchini

½ cup chopped yellow squash

1 cup chopped fresh veggies of choice

1 Tbsp. olive oil

4 (9-inch) whole wheat tortillas

1½ cups shredded reduced-fat sharp cheddar cheese
salsa, if desired

In a large skillet over medium to medium-high heat, sauté vegetables in oil 5-7 minutes or until tender-crisp; remove from pan and set aside. In the same pan, place one tortilla. Sprinkle ¼ cup cheese evenly over tortilla followed by ¾ cup of the vegetable mixture then ⅛ cup additional cheese. Top with a second tortilla and cook 2-3 minutes per side or until golden. Repeat procedure for remaining ingredients, coating pan with cooking spray if necessary between quesadillas. Cut each quesadilla into 8 triangles. Serve with salsa if desired.

Per serving (not including salsa): 250 calories, 10 g fat, 11 g protein, 29 g carbohydrate, 4 g fiber, 360 mg sodium