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Grilled Quesadilla w/Vegetables

Source: *Cooking with Extension* | **Yield:** 8 servings. 370 Calories per quesadilla. Total fat 15g; Protein 17g; Total carbohydrate 45g; Dietary fiber 9g, Calcium 451mg, Potassium 451mg

Be creative by adding other leftover veggies or use whole grain tortillas.

INGREDIENTS:

- Nonstick cooking spray
- 1 medium zucchini, diced
- 1 cup diced broccoli
- 1 green pepper, diced
- 1 medium onion, minced
- 1 carrot, peeled & grated
- 16 (6 inch) flour tortillas
- 12 ounces cheese, shredded (3 cups shredded)
- Salsa (optional)

DIRECTIONS:

1. Collect, dice, shred, and measure all ingredients.
2. Spray a large skillet with cooking spray. Add zucchini, broccoli, green pepper, onion, and carrot. Cook vegetables on medium heat for 4-5 minutes, stirring frequently. Remove vegetables from skillet & put on a clean plate.
3. Spray skillet with cooking spray again, and place 1 tortillas in the skillet. Top with $\frac{1}{2}$ cup vegetables and $\frac{1}{3}$ cup cheese. Place a second tortilla on top. Cook on medium low heat for 2 to 3 minutes or until the cheese starts to melt and the bottom tortilla starts to brown. Use a turner to flip the quesadilla. Cook for another 2 to 3 minutes or until tortilla browns.
4. Repeat steps with tortillas to make additional quesadillas. Cut each quesadilla in half or quarters and serve hot with your favorite salsa.