

Garden Quesadillas

Serves 6

Ingredients

- > 1 tablespoon of olive oil
- > 1/2 cup chopped onion
- > 1/2 cup chopped bell pepper
- > 1/2 cup chopped zucchini
- > 1/2 cup chopped yellow squash
- > 1/2 cup cooked black beans
- > Cooking spray
- > 6 nine-inch flour tortillas
- > 1 1/4 cups of shredded sharp cheddar cheese

Instructions

1. Add olive oil to a large nonstick pan. Once warm, add the onion and sauté at medium low until soft. Add the bell pepper to the pan, cooking until slightly tender. Add the zucchini and yellow squash, and cook until tender. Add the black beans to vegetables and cook until the mixture is heated throughout. Put the mixture into a bowl and set aside.
2. Wipe out the same pan and coat it with cooking spray. Place one tortilla in the pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on top of the vegetables, and top with the second tortilla.
3. Cook for approximately 2 to 3 minutes on one side before flipping the quesadilla. Cook until both sides are golden. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each quesadilla into 8 pieces with a pizza cutter. Serve with avocado, salsa, or sour cream if desired.

Storing Vegetables

- > Store onions in a dry, dark and well ventilated place, where they will keep for approximately 2 to 4 weeks. Do not store in the refrigerator.
- > Store unwashed bell peppers in a plastic bag in the refrigerator, where they will keep for up to a week.
- > Store unwashed squash in the refrigerator crisper, where they will keep for approximately one week.

Nutrition Facts	
Servings 6 Per Container	
Amount Per Serving	
Calories	246
% Daily Value	
Total Fat 9g	13%
Saturated Fat 3g	17%
Monounsaturated Fat 2g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 17mg	6%
Sodium 398mg	17%
Potassium 157mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 12g	7%
Sugars 1g	
Protein 11g	23%
Vitamin A	3%
Vitamin C	20%
Calcium	28%
Iron	10%

Garden Quesadillas

Serves 6

Ingredients

- > 1 tablespoon of olive oil
- > 1/2 cup chopped onion
- > 1/2 cup chopped bell pepper
- > 1/2 cup chopped zucchini
- > 1/2 cup chopped yellow squash
- > 1/2 cup cooked black beans
- > Cooking spray
- > 6 nine-inch flour tortillas
- > 1 1/4 cups of shredded sharp cheddar cheese

Instructions

1. Add olive oil to a large nonstick pan. Once warm, add the onion and sauté at medium low until soft. Add the bell pepper to the pan, cooking until slightly tender. Add the zucchini and yellow squash, and cook until tender. Add the black beans to vegetables and cook until the mixture is heated throughout. Put the mixture into a bowl and set aside.
2. Wipe out the same pan and coat it with cooking spray. Place one tortilla in the pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on top of the vegetables, and top with the second tortilla.
3. Cook for approximately 2 to 3 minutes on one side before flipping the quesadilla. Cook until both sides are golden. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each quesadilla into 8 pieces with a pizza cutter. Serve with avocado, salsa, or sour cream if desired.

Storing Vegetables

- > Store onions in a dry, dark and well ventilated place, where they will keep for approximately 2 to 4 weeks. Do not store in the refrigerator.
- > Store unwashed bell peppers in a plastic bag in the refrigerator, where they will keep for up to a week.
- > Store unwashed squash in the refrigerator crisper, where they will keep for approximately one week.

Nutrition Facts	
Servings 6 Per Container	
Amount Per Serving	
Calories	246
% Daily Value	
Total Fat 9g	13%
Saturated Fat 3g	17%
Monounsaturated Fat 2g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 17mg	6%
Sodium 398mg	17%
Potassium 157mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 12g	7%
Sugars 1g	
Protein 11g	23%
Vitamin A	3%
Vitamin C	20%
Calcium	28%
Iron	10%



Notes:



Notes: