

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, drained
- > Cooking spray
- > 6 eight-inch whole wheat tortillas
- > 2 1/4 cups of shredded 2% 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 in half 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	
6 servings per recipe	
Amount Per Serving	290
Calories	
% Daily Value	
Total Fat 14g	22%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 740mg	31%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 16g	
Vitamin A	10%
Vitamin C	25%
Calcium	60%
Iron	2%

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