

Vegetable Quesadillas



Ingredients

- Nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded reduced fat Cheddar or Monterey Jack cheese

Nutritional Estimates

Serving size: 1 tortilla - makes 4 servings

Calories: 134

Total Fat: 3g

Sodium: 302mg

Total Carbohydrate: 20g

Protein: 7g

Directions

Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes. Add green onion and tomato and cook for several minutes more until heated through. Stir in cilantro. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla. Fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.



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Fun Fact

History of the Quesadilla

Quesadilla literally means “little cheesy thing.” Its origin dates back to the 16th century in northern and central Mexico. Corn tortillas were already popular among the Aztec people. They often stuffed them with squash and pumpkin and baked them in clay ovens as a sweet dessert. In 1521, Spanish settlers brought sheep, lambs, and cows with them to New Spain, thus introducing indigenous people to cheese and other dairy products. The indigenous people continued stuffing their tortillas with pumpkin and squash, but also added cheese. Thus, the quesadilla was born. It quickly increased in popularity and has remained a favorite to this day (for obvious reasons)!



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