



## Grilled Quesadilla with Vegetables

Makes: 8 servings (1 quesadilla per serving)

Preparation Time: 10 minutes

Cooking Time: 20 to 30 minutes

### Ingredients

Nonstick cooking spray

1 medium zucchini, diced

½ broccoli head, diced

1 green pepper, diced

1 medium onion, minced

1 carrot, peeled and grated

16 (6 inch) flour tortillas

12 ounces cheese, shredded (3 cups shredded cheese)

Salsa (optional)

### Directions

1. Wash all vegetables.
2. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
3. Spray a large skillet with cooking spray. Add zucchini, broccoli, green pepper, onion, and carrot. Cook vegetables on medium heat for 4 to 5 minutes, stirring frequently. Remove vegetables from skillet, and put on a clean plate.
4. Spray skillet with cooking spray again, and place 1 tortilla in the skillet. Top with ½ cup vegetables and ⅓ cup cheese.
5. 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.
6. Use a metal turner to flip the quesadilla. Cook for another 2 to 3 minutes or until tortilla browns.
7. Repeat steps 4 through 6 to make additional quesadillas.
8. Cut each quesadilla in half or quarters, and serve hot with your favorite salsa or other toppings.
9. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Add other leftover veggies or use whole grain tortillas for added fiber and nutrients.

| Nutrition Facts  |                     |
|--|---------------------|
| 8 servings per container   |                     |
| Serving size   | 1 Quesadilla (194g) |
| Amount Per Serving   |                     |
| <b>Calories</b>  | <b>370</b>          |
| % Daily Value*   |                     |
| <b>Total Fat</b> 15g   | <b>19%</b>          |
| Saturated Fat 8g   | <b>40%</b>          |
| Trans Fat 0g   |                     |
| <b>Cholesterol</b> < 5mg   | <b>1%</b>           |
| <b>Sodium</b> 650mg  | <b>28%</b>          |
| <b>Total Carbohydrate</b> 45g  | <b>16%</b>          |
| Dietary Fiber 9g   | <b>32%</b>          |
| Total Sugars 5g  |                     |
| Includes 0g Added Sugars   | <b>0%</b>           |
| <b>Protein</b> 17g   | <b>34%</b>          |
| Vitamin D 5mcg   | <b>25%</b>          |
| Calcium 451mg  | <b>35%</b>          |
| Iron 3mg   | <b>15%</b>          |
| Potassium 451mg  | <b>10%</b>          |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                     |



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