



## 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 hands with soap and water.
2. Wash all vegetables under cold running water.
3. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
4. 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.
5. Spray skillet with cooking spray again, and place 1 tortilla in the skillet. Top with ½ cup vegetables and ⅓ cup cheese.
6. 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.
7. Use a metal turner to flip the quesadilla. Cook for another 2 to 3 minutes or until tortilla browns.
8. Repeat steps 4 through 6 to make additional quesadillas.
9. Cut each quesadilla in half or quarters, and serve hot with your favorite salsa or other toppings.
10. 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.

<b>Nutrition Facts</b>	
8 servings per container	
Serving size 1 Quesadilla (194g)	
Amount Per Serving	
<b>Calories</b>	<b>370</b>
<small>% Daily Value*</small>	
Total Fat 15g	19%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 650mg	28%
Total Carbohydrate 45g	16%
Dietary Fiber 8g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 5mcg	25%
Calcium 451mg	35%
Iron 3mg	15%
Potassium 451mg	10%

\*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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