



Vegetable Quesadillas

These quesadillas make a great meatless meal for a healthy lunch! Serve with red or green salsa and light sour cream.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

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

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. 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.

Nutrition information per serving: Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg