

Veggie Quesadillas

Ingredients:

8	8	6-inch (15 cm) whole wheat tortillas
375 mL	1 ½ cups	shredded nacho cheese blend
250 mL	1 cup	finely chopped broccoli
250 mL	1 cup	julienned red bell pepper
250 mL	1 cup	grated carrot
75 mL	1/3 cup	chopped green onions

Preparation:

1. Heat a small skillet over medium heat. Heat tortillas, one at a time, for 30 seconds per side, then remove.
2. Sprinkle half the cheese evenly over 4 tortillas. Place broccoli, red pepper, carrot and green onions evenly on top of the cheese. Sprinkle with the other half of the cheese. Top with the remaining 4 tortillas.
3. In the same skillet, over medium heat, cook quesadillas, one at a time, for 2 minutes per side or until surface is crisp and cheese has melted. Transfer to a plate and keep warm in a low oven while making the remaining quesadillas.
4. Cut each quesadilla into 4 wedges and serve.

Makes 4 quesadillas

Preparation Time: about 35 minutes

Equipment:

- knife and cutting board
- grater
- small skillet or electric fry pan

Canada's Food Guide Servings:

1 quesadilla is 2 GRAIN PRODUCT servings, ½ MILK AND ALTERNATIVES serving and 1 VEGETABLE AND FRUIT serving

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HINT:

You can also use an electric fry pan to cook quesadillas.

