



A Nutrition Resource

GRILLED QUESADILLA WITH VEGETABLES

Yield: 8 Servings | Serving Size: 1 quesadilla

Cost/Serving: \$1.17

Ingredients:

Nonstick cooking spray
1 medium zucchini, diced
1/2 broccoli head, diced
1 green pepper, diced
1 medium onion, minced
1 carrot, peeled and grated
16 (6-ounce) 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 1/2 cup vegetables and 1 1/2 ounces of 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.

Nutrition Facts

8 servings per container

Serving size 1 Quesadilla (194g)

Amount Per Serving	
Calories 370	
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol < 5mg	1%
Sodium 650mg	28%
Total Carbohydrate 45g	16%
Dietary Fiber 9g	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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- 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.

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