



Vegetable Quesadilla

Servings 4 | Prep time 10 mins. | Total time 25 mins.

Equipment:

Cutting board
Can opener
Frying pan
Plate to hold vegetables

Utensils:

Knife
Spatula
Measuring cups and spoons

Ingredients

2 teaspoons olive oil OR vegetable oil
2 cups vegetables (zucchini, broccoli, bell pepper, onion, yellow squash, spinach, etc.), chopped
Non-stick spray
4 whole wheat tortillas
1 cup no salt added canned black beans, drained and rinsed
1 cup cheddar cheese, shredded
1/2 cup salsa OR 1/2 cup [Celebrate Your Plate Summer Salsa](#), for serving

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Add oil to frying pan and heat over medium until the oil is lightly sizzling.
3. Add vegetables to pan and cook for 4-6 minutes, stirring occasionally, until tender. Remove from pan and set aside.
4. To prepare quesadillas, place tortillas on a clean surface. Cover half of each tortilla with 2 tablespoons of cheese, 1/4 cup black beans, and 1/4 of the cooked produce. Sprinkle with an additional 2 tablespoons of cheese. Fold the empty halves of the tortillas over the fillings to create a half-moon.
5. Lightly coat the same pan with cooking spray. Place 2 quesadillas back to back in the center of the pan, with the folded sides touching. Cook on medium for 2-3 minutes, or until the bottoms of the tortillas begin to brown.
6. Carefully flip each quesadilla. Cook for an additional 2-3 minutes, or until cheese is melted and bottom tortillas are browned.
7. Repeat steps 5 and 6 to cook the remaining 2 quesadillas.
8. Cut each quesadilla into four triangles. Serve warm with salsa.

Nutritional Information:

Calories 320
Total Fat 10g
Sodium 710mg
Total Carbs 41g
Protein 17g