

Vegetable Quesadillas

Makes 4 servings.

1 tortilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

INGREDIENTS

nonstick cooking spray

½ cup chopped green bell pepper

½ cup frozen corn, thawed

½ cup sliced green onion

½ cup chopped tomato

2 tablespoons chopped fresh cilantro

4 (6-inch) flour tortillas

½ cup shredded reduced fat Cheddar or Monterey Jack cheese



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