

Grilled Vegetable Quesadillas

Serves: 4

Ingredients

Cooking spray	1 medium tomato, diced
1 medium ear of corn, shucked and desilked.	2 tsp fresh lime juice
1 medium red bell pepper, halved lengthwise	¼ tsp chili powder
1 medium yellow summer squash, ends trimmed, halved lengthwise	1/8 tsp pepper
½ small onion	4 6-inch corn tortillas
¾ cup plus 2 Tbsp shredded low-fat white cheese	½ cup salsa
	½ cup fat-free sour cream

Directions:

- Lightly spray the grill rack with cooking spray. Preheat the grill on medium high.
- Lightly spray all sides of the corn, bell pepper, squash and onion with cooking spray.
- Grill the corn for 2 minutes on each side. Grill the bell pepper, squash and onion for 1-2 minutes on each side. Transfer to a cutting board. Let cool for 10 minutes. Dice the bell pepper, squash, and onion. Transfer to a medium bowl. Hold the corn with the stem end down in a medium bowl. Using a sharp knife, cut several rows at a time from the top down to remove kernels. Add to the bell pepper mixture. Stir in cheese, tomato, lime juice, chili powder and pepper.
- Heat a nonstick griddle or large cast-iron skillet over medium heat. Lightly spray one side with cooking spray. Put the tortilla on the griddle with the sprayed side down. Spread a heaping 1/3 cup vegetable mixture on half the tortilla. Fold the other half over the filling. Cook for 1-2 minutes on each side, or until the tortilla is golden brown and the cheese has melted. Transfer to a cutting board and keep warm. Repeat with the remaining tortillas and filling.
- To serve, cut the quesadillas in half and place on a platter. Top each piece with salsa and sour cream.

Per Serving: Calories 193, total fat 6 g (saturated fat 3.5g), cholesterol 21mg, sodium 311mg, carbohydrates 24g, fiber 3g, sugar 8g, protein 12g.