

Vegetable Quesadillas

Serves: 6

Ingredients

Nonstick cooking spray
½ cup chopped green bell pepper
½ cup frozen corn, thawed
½ cup sliced green onion
½ chopped tomato

2 tbsp. chopped fresh cilantro
4 (6-inch) flour tortillas
½ cup shredded reduced fat
Cheddar or Monterey Jack cheese

➤ Spray medium skillet with nonstick cooking spray. Sauté bell pepper with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.

➤ Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.

➤ 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.

➤ Per serving: 131 calories, 3 g total fat (2 g saturated fat), 3 mg cholesterol, 253 mg sodium, 7 g protein, 20 g carbohydrate, 2 g dietary fiber