



EATING SMART  
BEING ACTIVE

## Grilled Quesadilla with Vegetables

Makes: 8 servings (1 quesadilla per serving)

Preparation Time: 10 minutes

Cooking Time: 20 to 30 minutes

### Ingredients

Nonstick cooking spray

1 medium zucchini, diced

1 cup diced broccoli

1 green pepper, diced

1 medium onion, minced

1 carrot, peeled and grated

16 (6 inch) flour tortillas

12 ounces cheese, shredded (3 cups shredded)

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  $\frac{1}{2}$  cup vegetables and  $\frac{1}{3}$  cup 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.
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.

### **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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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

*Make Half Your Grains Whole*