



## Vegetable Quesadilla



**Prep time: 10 minutes Cook time: 10 minutes Number of Servings: 4**

### Food \$ense Tip:

- Be ahead of the game when it comes to dinner. Pre-cut your vegetables and leave them in the refrigerator. You can grab them as a snack or make a quick quesadilla for lunch or dinner.
- Try other vegetables to make these quesadillas. Use what is in season to get the best price on produce.

### Ingredients

1 large carrot, grated  
1 medium zucchini, grated  
8 (8-inch) whole wheat tortillas  
3/4 cup shredded Monterey Jack cheese

### Directions

1. In a small bowl, mix carrots and zucchini. Sprinkle 1/2 cup vegetable mixture over each of four tortillas.
2. Sprinkle cheese evenly over the vegetables and cover each with another tortilla.
3. Heat a nonstick pan on medium heat until hot. Place a quesadilla in the pan. Cook for 1 minute or until lightly browned. Turn over and cook other side until lightly browned.
4. Cut each quesadilla into four equal pieces. Serve.

**Nutrition Facts** (Serving size 1 quesadilla): Calories-330; Protein-15g; Carbohydrate-46g; Total Fat-9g; Saturated Fat-4.5%; Fiber-7g; Sodium-720mg; Vitamin C-25%; Vitamin A-60%; Iron-4%; Calcium-15%

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