



A Nutrition Resource

GRILLED QUESADILLA WITH VEGETABLES

Yield: 8 Servings | Serving Size: 1 quesadilla

Cost/Serving: \$1.22

Ingredients:

Nonstick cooking spray
1 medium zucchini, diced
1/2 broccoli head, diced
1 green pepper, diced
1 medium onion, minced
1 carrot, peeled and grated
16 (6-ounce) flour tortillas
12 ounces cheese, shredded (3 cups shredded cheese)
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 1/2 cup vegetables and 1 1/2 ounces of 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.

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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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.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active program.

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