

Quesadillas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6 Serving Size: 1 quesadilla

Ingredients	Quantity	Measure
Flour tortilla shells, 12 inch	6	each
Zucchini, sliced thin	1	cup
Red onions, sliced thin	1	cup
Yellow squash	1	cup
Frozen whole kernel corn	½	cup
Olive oil	1	tablespoon
Non-dairy mozzarella cheese, shredded	6	ounces

Preparation

1. Add oil to pan or griddle and sauté zucchini, red onions and yellow squash until they soften, about 4 minutes.
2. Add corn and cook for 3-4 minutes. Mix with zucchini mixture.
3. Heat tortillas on flat top. Divide the zucchini mixture between 6 of the tortillas.
4. Put one ounce of mozzarella on each of the tortilla and fold the tortilla in half. Continue to cook until golden brown and flip till golden brown.
5. Cut into thirds and serve.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 247 Total Fat: 10g Saturated Fat: 3g Carbohydrate: 32g Protein: 5g Sodium: 503mg Vitamin A: 3µg
Vitamin C: 3mg Calcium: 86mg Iron: 2mg Folic Acid: 106µg