

## Veggie Quesadilla



### Ingredients:

- 1 small zucchini, chopped
- 2 cups spinach leaves, chopped
- 1 red bell pepper, seeded and chopped
- 1 medium onion, peeled and chopped
- 1 carrot, shredded
- 4 whole wheat tortillas (10-inch)
- 1 cup low-fat cheddar cheese, shredded
- 1/2 cup salsa, optional
- Cooking spray

### Directions:

1. Spray pan with cooking spray.
2. Cook vegetables on medium heat until tender (4-5 minutes), stirring frequently. Place the vegetables on a paper towel to drain any liquid from the spinach.
3. Wipe pan dry, and spray with cooking spray. Place tortilla in the pan. Sprinkle with half the vegetables and half of the cheese.
4. Place the other tortilla on top. Cook on medium heat for 2-5 minutes on each side or until the cheese starts to melt.
5. Repeat steps 3-4.
6. Cut each quesadilla in half. Serve with salsa

Makes 4 Servings



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