



## Farmers' Market Quesadillas



### Ingredients:

- 2 whole wheat tortillas
- 1/4 cup shredded or grated reduced fat cheese such as Monterey Jack or cheddar
- 3/4 cup chopped veggies such as bell pepper, onion, summer squash, tomato, spinach, cilantro or parsley
- Cooking spray
- Lime, jalapeño or salsa for extra kick - *optional*

### Instructions:

1. Spray griddle or skillet with cooking spray.
2. Place one tortilla into skillet.
3. Spread 1/2 of the cheese onto the tortilla.
4. Spread all of the veggies onto the tortilla.
5. Spread the remaining cheese on top of the veggies.
6. Place the 2nd tortilla on top.
7. Cook until bottom tortilla is brown and crisp.
8. Flip the entire quesadilla over and cook on the other side until brown and crisp.
9. Cut into wedges and enjoy!



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