UF|IFAS Extension
UNIVERSITY of FLORIDA

EFNEP
Expanded Food & Nutrition
Education Program
Buy better. Eat better.

Grilled Quesadilla with Vegetables

Makes: 8 servings (1 quesadilla per serving)
Preparation Time: 10 minutes
Cooking Time: 20 to 30 minutes

Ingredients

Nonstick cooking spray
1 medium zucchini, diced
½ broccoli head, diced
1 green pepper, diced
1 medium onion, minced
1 carrot, peeled and grated
16 (6 inch) 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 ½ cup vegetables and ⅓ cup 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.
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.

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.