



Vegetable Quesadilla

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 1 serving | Serving Size: 1 quesadilla

Ingredients

- Nonstick cooking spray
- ¼ cup tomato, diced (about ½ small tomato)
- ¼ cup onion, diced (about ¼ medium onion)
- ½ cup fresh vegetables, chopped or sliced (one type or a combination; e.g. bell peppers, mushrooms, spinach)
- ¼ teaspoon salt-free seasoning blend
- Pinch ground cumin
- Pinch garlic powder
- Pinch cayenne or chili powder (optional)
- 1 (8-inch) whole-wheat tortilla
- ¼ cup reduced-fat shredded cheese
- 2 tablespoons nonfat plain Greek yogurt

Directions

1. Heat a medium or large nonstick skillet over medium heat.
2. Spray the pan with nonstick spray.
3. Add the tomato, onion, selected vegetables, salt-free seasoning, cumin, garlic powder, and cayenne or chili powder (if using).
4. Sauté until the vegetables are tender, about 5-7 minutes. Remove the vegetable mixture from the pan and set aside.
5. Carefully wipe out the pan with a paper towel, then coat the inside of the pan with more cooking spray.
6. Place the tortilla in the pan.
7. Spread the vegetable mixture over one half of the tortilla and cover the vegetables with the cheese.
8. Fold the tortilla in half and cook each side until golden brown, about 2-3 minutes per side.
9. Cut the quesadilla into quarters and serve warm, with the Greek yogurt for dipping.

Recipe Notes

- In place of the cheese, consider spreading one side of the tortilla with hummus before adding the vegetables. For a cheesy flavor, try mixing 1-2 tablespoons nutritional yeast seasoning into the hummus before spreading it on.

**Nutrition Facts Per Serving: Calories: 290 | Total Fat: 11 g | Saturated Fat: 6.5 g
Sodium: 490 mg | Total Carbohydrate: 31 g | Dietary Fiber: 6.5 g | Protein: 17 g**

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