

# Cheese & Veggie Quesadillas

**Makes**  
4 quesadillas

**Prep time**  
5 minutes

**Cook time**  
15 minutes

**Good source of**  
Protein  
Calcium

**Low in**  
Added Sugars

**Ingredients:**

- 1 Tbsp. canola or vegetable oil
  - 1½ cups chopped spinach, fresh or frozen
  - 1½ cups chopped broccoli, fresh or frozen
  - 1 bell pepper, seeded and diced
  - 1 small yellow onion, chopped
  - ½ cup carrots, shredded or finely chopped
  - 4 whole wheat tortillas
  - 1½ cups shredded cheese (i.e. low-fat cheddar, part-skim mozzarella)
- Cooking spray

## Nutrition Facts

4 servings per container  
**Serving size** 1/2 quesadilla  
 (194g)

Amount per serving  
**Calories** **240**  
 % Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 9g           | <b>12%</b> |
| Saturated Fat 4g              | 20%        |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 15mg       | <b>5%</b>  |
| <b>Sodium</b> 640mg           | <b>28%</b> |
| <b>Total Carbohydrate</b> 27g | <b>10%</b> |
| Dietary Fiber 2g              | 7%         |
| Total Sugars 3g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 16g            |            |
| Vitamin D 0mcg                | 0%         |
| Calcium 336mg                 | 25%        |
| Iron 2mg                      | 10%        |
| Potassium 340mg               | 8%         |

\*The % Daily Value 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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**Directions:**

1. Add vegetable oil to flat skillet or pan over medium-high heat.
2. Add all vegetables and cook for 4-5 minutes, stirring frequently. Remove from skillet and set aside.
3. Spray skillet with cooking spray. Place one tortilla onto skillet. Add ¼ of the cheese and half of the cooked vegetables on top.
4. Place another ¼ of the cheese on top of the vegetables and cover with another tortilla. Cook for 5 minutes, or until bottom tortilla starts to brown and cheese is melted.
5. Flip the quesadilla and cook the other side for an additional 3-5 minutes, or until bottom is brown.
6. Remove from skillet. Place on cutting board and let sit 1-2 minutes. Cut into triangles and serve as is, or with salsa and non-fat sour cream.

