

Cheesy Veggie Quesadillas

Talk about a quick weeknight meal! Quesadillas are a great way to use up leftover chicken, meat, or veggies from the night before. In our all veggie version, we focus on fiber which helps to reduce cholesterol levels. We also made some other heart healthy swaps with the tortillas and low-fat cheese to make this Southwest favorite fit in everyone's meal plan!

Ingredients:

1 tablespoon canola oil
 1/2 medium Vidalia onion, diced
 8 ounces white button mushrooms, chopped
 1 clove garlic, minced
 1 cup frozen corn kernels
 3 cups fresh baby spinach, roughly chopped
 1/4 teaspoon black pepper
 1/4 teaspoon cumin (optional)
 2-10-inch whole wheat tortillas
 1/3 cup shredded low-fat cheddar cheese
 1/2 cup plain, fat free Greek yogurt
 Zest and juice of 1/2 lime
 1/8 teaspoon cayenne pepper (optional)

Directions:

1. Heat oil in a large skillet over medium heat. Add in onion, mushrooms and garlic and sauté for 5–6 minutes until onion and mushrooms have softened. Add in corn, spinach, pepper and cumin (if using) and sauté 1–2 minutes more. Remove vegetables from heat.
2. Assemble quesadillas: Set tortillas on a clean work surface. Spread cooked vegetable mixture onto half of each tortilla, dividing evenly. Sprinkle cheese, divided evenly, on top of the vegetables. Fold remaining half of tortilla over the top and press closed.
3. Heat a griddle over medium-low heat. Spray the surface with cooking spray and add quesadillas. Grill on each side for 3–4 minutes until slightly browned and cheese is melted.
4. In a small bowl, combine Greek yogurt, zest and juice of 1/2 lime and pepper (if using). Cut and serve the quesadillas topped with the yogurt mixture. Enjoy!

Yield: 4 servings (1/2 quesadilla per serving)

Nutrition Facts:

221 Calories; 6 g Fat (1 g Saturated Fat; 0 g Trans Fat); 6 mg Cholesterol; 270 mg Sodium; 33 g Carbohydrate (5 g Fiber, 4 g Sugar, 0 g Added Sugar); 12 g Protein; 18% Daily Value (DV) Vitamin A; 15% DV Vitamin C; 1% DV Vitamin D; 16% DV Calcium; 13% DV Iron; 11% DV Potassium

Recipe

