

Vegetable Quesadilla

Assorted vegetables cut up: I used butternut squash, green pepper, onion, spinach. I have added fresh tomatoes, and carrots, squash, sweet potato, anything in the refrigerator really.

(WIC)

Healthy oil

Low fat cheese, grated (WIC)

Taco seasoning

Tortillas (WIC)

Dice vegetable into small pieces, less than ½" squares. You will need about ½ cup of raw vegetables per quesadilla, and this mixture holds for about 2 days in the refrigerator.

Heat oil in a frying pan. Add vegetables and sauté until the vegetables are tender add taco seasoning; some will be a little brown. Meanwhile, place tortillas on a baking sheet and sprinkle about ¼ cup of grated cheese on the tortillas. Place sheet in the oven at 350 degrees, until the cheese has melted. Remove the tortillas and spoon on the vegetables, fold over and serve.