

## Vegetable Quesadillas

Prep time: 10 minutes | Cooking time: 10 minutes | Number of servings: 4

- 1 large carrot, grated
- 1 medium zucchini, grated
- 8 (8-inch) whole wheat tortillas
- $\frac{3}{4}$  cup shredded Monterey Jack cheese

### Food Sense Tips

- Be ahead of the game when it comes to dinner. Pre-cut your vegetables and leave them in the refrigerator. You can grab them as a snack or make a quick quesadilla for lunch or dinner.
- Try other vegetables to make these quesadillas. Use what is in season to get the best price on produce.

### Directions

1. In a small bowl, mix carrots and zucchini. Sprinkle  $\frac{1}{2}$  cup vegetable mixture over each of four tortillas. Sprinkle cheese evenly over the vegetables and cover each with another tortilla.
2. Heat a nonstick pan on medium heat until hot. Place a quesadilla in the pan. Cook for 1 minute or until lightly browned. Turn over and cook other side until lightly browned.
3. Cut each quesadilla into four equal pieces. Serve.

**Nutrition Facts** (Serving size 1 quesadilla): Calories-330; Protein-15g; Carbohydrate-46g; Total Fat-9g; Saturated Fat-4.5g; Fiber-7g; Sodium-720mg; Vitamin C-25%; Vitamin A-60%; Iron-4%; Calcium-15%

*Adapted from Healthy Latino Recipes, California Latino 5 a Day Campaign Program (1999).*



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**Cook Together! Preparing Quesadillas with Kids**

Cooking together as a family helps children develop important life skills. It helps parents by sharing the work load of making meals. It is important that when children learn new skills that it is done with adult help.

**Easy Tasks:**

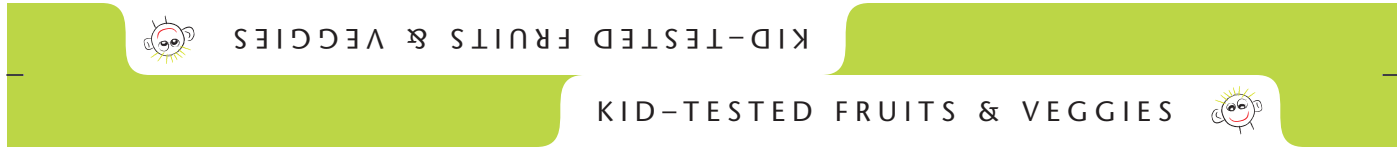
- Gather ingredients and equipment.
- Wash vegetables.
- Set out four tortillas.
- Place grated vegetables in mixing bowl.
- Sprinkle cheese over each quesadilla.
- Place second tortilla on top of filling.

**Intermediate Tasks:**

- Grate vegetables and cheese.
- Measure vegetables and cheese.
- Turn burner on and off.
- Place quesadillas in pan.

**Difficult Tasks:**

- Remove cooked quesadilla from pan.
- Use a sharp knife to cut each quesadilla into four equal pieces.



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