

Appetizers

Vegetable Quesadillas

Try-Foods International - Apopka, FL

Servings: 8

Preparation Time: 15 minutes

Cook time: 25 minutes

1 cup mushrooms, sliced
1 tablespoon light olive oil
1 small zucchini, chopped
1/2 cup yellow bell pepper, chopped
1/2 cup green onions, sliced
1 medium clove garlic, minced
1 jalapeno, diced
1 medium tomato, chopped
8 8-inch flour tortillas
2 1/2 cups Mexican cheese blend, shredded

In a 12-inch nonstick skillet, brown the mushrooms in olive oil.

Add the zucchini, bell pepper, green onions, garlic and the jalapeno. Cook until the vegetables are tender, stirring occasionally.

Stir in the tomato and cook 2 minutes more. Remove from the heat and keep warm.

Over medium heat, brown one side of a flour tortilla in an 8-inch nonstick skillet. Turn over. Sprinkle with 1/3 cup of the cheese and 1/4 cup of the mushroom mixture. Fold the tortilla in half. Cook until browned on both sides and the cheese is melted.

Repeat with the remaining tortillas and filling.

Per Serving (excluding unknown items): 248 Calories; 5g Fat (19.1% calories from fat); 7g Protein; 43g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 348mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 1 Fat.