

Recipe of the Month – September 2020

Vegetable Quesadillas

Serves 4

Serving Size: 1 quesadillas

Cost per Serving: \$0.74

Ingredients:

4 (8 inch) whole wheat tortillas

$\frac{3}{4}$ cup shredded cheese

$\frac{1}{2}$ cup cooked beans

$\frac{1}{2}$ cup chopped vegetables

(corn, mushrooms, onions, peppers, tomatoes)



Directions:

1. Heat a skillet to medium. Spray with nonstick cooking spray.
2. Put 3 Tablespoons cheese, 2 Tablespoons beans, and 2 Tablespoons vegetables on half of each tortilla.
3. Fold the empty side of the tortilla over the cheese, beans, and vegetables.
4. Cook quesadillas in skillet until lightly browned on both sides. This will take about 2-3 minutes per side.

Tips:

- Use dried beans that have been cooked or canned beans that have been drained and rinsed.
- Top with salsa, sliced avocado, shredded lettuce, plain yogurt, or extra beans and chopped vegetables.

Nutrition Facts per Serving: 250 calories, 10g total Fat (5g sat. fat), 20mg. Cholesterol, 450mg Sodium, 30g Carbohydrates, 5g Fiber, 1g Sugar, 11g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar*



THE OHIO STATE UNIVERSITY

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