

Makes 4 servings.

1 quesadilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories:	134
Carbohydrate:	20 g
Dietary Fiber:	2 g
Protein:	7 g
Total Fat:	3 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	3 mg
Sodium:	302 mg

Vegetable Quesadillas

INGREDIENTS

- nonstick cooking spray
- 1/2 cup chopped green bell pepper
- 1/2 cup frozen corn, thawed
- 1/2 cup sliced green onion
- 1/2 cup chopped tomato
- 2 tablespoons chopped fresh cilantro
- 4 (6-inch) flour tortillas
- 1/2 cup shredded reduced fat Cheddar or Monterey Jack cheese



PREPARATION

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Makes 8 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories:	35
Carbohydrate:	6 g
Dietary Fiber:	2 g
Protein:	1 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	0 mg
Sodium:	159 mg

Creole Green Beans

INGREDIENTS

- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-ounce) package of frozen cut green beans
- 1 cup chopped red bell pepper
- 1 cup chopped fresh tomatoes
- 1/2 cup chopped celery
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper



PREPARATION

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more. Serve while hot.