

Baked Veggie Quesadilla



INGREDIENTS

- 1 Tbsp. canola oil
- 2 poblano chiles, diced (about 1 cup)
- 1½ cup summer squash (zucchini, yellow squash, crookneck), diced
- ¼ tsp. of both salt and pepper
- 1 cup fresh corn kernels (from 2 medium ears)
- ½ tsp. chili powder
- 2 small tomatoes diced (about 1 cup)
- ¼ cup fresh cilantro, chopped
- 1 Tbsp. lime juice
- 4 (9 inch) whole wheat tortillas
(*use corn or GF tortillas)
- 4 Tbsp. shredded cheddar cheese
(*sub out cheese with sliced avocado)



NUTRITION FACTS *8 servings*

Calories: 120	Total Carbohydrate: 16 g
Fat: 4 g	Dietary fiber: 2 g
Sodium: 170 mg	Protein: 4 g

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place oil in a large skillet and heat over medium-high heat until hot. Add the chiles and cook, stirring until soft, 3-4 minutes.
3. Add the squash. Sprinkle with salt and pepper and cook additional 3-4 minutes, stirring often.
4. When squash starts to brown and soften, sprinkle with the corn, then the chili powder. Mix well and cook additional 1-2 minutes.
5. Spoon the mixture into a bowl and gently fold in the tomatoes, cilantro, and lime juice.
6. Cover a baking sheet with parchment paper and lay 1 tortilla in the center. Layer ¾ cup of the vegetable mixture in the center and evenly spread it over the tortilla. Do not put too much in the layer. Sprinkle with ¼ cup of the cheese and place another tortilla on top.
7. Continue this until ingredients are used. The last tortilla can be topped with the vegetable mixture, cheese, both, or nothing.
8. Cover with another sheet of parchment and fold edges together. Bake for 12-15 minutes. Cut into 8 slices.