



The Kitchen at Second Harvest Veggie Quesadillas try at home recipe

Recipe modified from FoodHero.org

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Ingredients

- 12 soft corn tortillas (6 inches)
- 1 1/2 cups cheddar cheese, shredded
- 1 cup corn kernels (fresh, frozen/thawed, or canned/drained)
- 1/2 cup beans, black or pinto (canned or cooked; drained)
- 1/2 cup cilantro, chopped
- 1 carrot, shredded
- 1 bell pepper, finely chopped
- 1 jalapeno pepper, finely minced (optional)

Yield: 12 quesadillas
Serving Size: 1 quesadilla



Directions

1. Preheat large skillet over low heat (250 degrees in an electric skillet).
2. Divide cheese, corn, beans, cilantro, shredded carrots and peppers between the tortillas, covering about half of each tortilla. Fold each tortilla in half over the filling.
3. Place one or two folded tortillas on a dry skillet and heat until cheese is melted and tortilla is slightly golden, about 3 minutes.
4. Turn over and cook other side until golden, about 1 minute.
5. Remove to a plate and repeat until all tortillas are heated.
6. Mix together nonfat yogurt, cilantro and salt to make the dip.
7. Cut each quesadillas into wedges and serve immediately with the dip.
8. Refrigerate within 2 hours

Find more recipes, free classes,
and ways to get involved!



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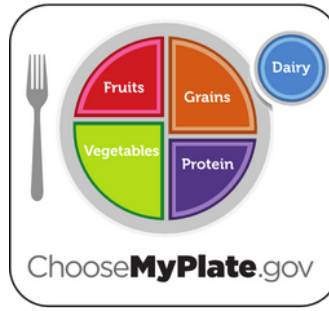


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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



Protein includes all foods made from seafood; meat, poultry, and eggs; beans, peas, lentils; and nuts, seeds, and soy products. Beans, peas, and lentils are also part of the Vegetable Group.



Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.

Cooking Tips

- Any veggies will work for the filling!
- Love salsa? Add it on top to try and get in all the colors of the rainbow.

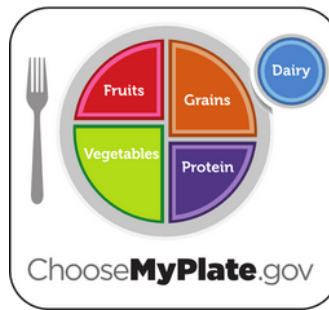
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
12 servings per container	
Serving size	1 Quesadilla
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 300mg	13%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 0.36mg	2%
Potassium 0mg	0%
Vitamin A	30%
Vitamin C	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Total Sugars 4g	
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