



Veggie Quesadillas

With Cilantro Yogurt Dip



Ingredients



From *FoodHero.org*

- | | |
|---|---|
| <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 1 carrot, shredded • 1 bell pepper, finely chopped • 1 jalapeno pepper, finely minced (optional) <p>CILANTRO YOGURT DIP</p> <ul style="list-style-type: none"> • 2 cups plain non-fat yogurt • 1/4 cup cilantro, finely chopped • 1/2 teaspoon salt <p>Yield: 12 quesadillas
Serving Size: 1 quesadilla</p> |
|---|---|



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

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



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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.

Nutrition Facts

Serving Size 1 quesadilla (127g)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 300mg	13%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 7g	
Vitamin A 30%	Vitamin C 20%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Second Harvest is an equal opportunity provider.



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