

Veggie Quesadillas

With Cilantro Yogurt Dip







From FoodHero.org

- 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)

CILANTRO YOGURT DIP

- 2 cups plain non-fat yogurt
- 1/4 cup cilantro, finely chopped
- 1/2 teaspoon salt

Yield: 12 quesadillas Serving Size: 1 quesadilla



Directions



- 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.
- 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.
- Cut each quesadillas into wedges and serve immediately with the dip.
- Refrigerate within 2 hours

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



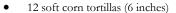
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Fast Facts



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





Featured Food Groups

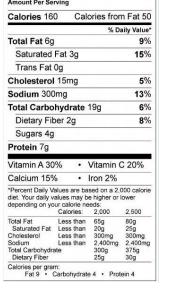




Cooking Tips

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

Second Harvest is an equal opportunity provider.





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Trans Fat 0g Cholesterol 15mg 5% Sodium 300mg 13% Total Carbohydrate 19g 6% Dietary Fiber 2g Sugars 4g Protein 7g Vitamin A 30% Vitamin C 20% Iron 2% Calcium 15% *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 Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

Calories 160

Total Fat 6g Saturated Fat 3g

Calories from Fat 50

% Daily Value*

15%

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