

## Farmer's Market Vegetarian Quesadillas



**Prep Time:** 15 Minutes  
**Cook Time:** 15 Minutes

**Ready In:** 30 Minutes  
**Servings:** 6

"Making the most of simple, fresh ingredients found at your local Farmer's Market, these quesadillas make great appetizers or a quick and healthy meal."

### INGREDIENTS:

|                                 |                                  |
|---------------------------------|----------------------------------|
| 1/2 cup chopped red bell pepper | 1 tablespoon olive oil           |
| 1/2 cup chopped zucchini        | cooking spray                    |
| 1/2 cup chopped yellow squash   | 6 (9 inch) whole wheat tortillas |
| 1/2 cup chopped red onion       | 1 ¼ cups shredded Cheddar cheese |
| 1/2 cup chopped mushrooms       |                                  |

### DIRECTIONS:

#### Day 1:

In a large nonstick pan, cook red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil over medium to medium-high heat for about 7 minutes, or until just tender. Remove vegetables from pan. Store in a plastic container in the refrigerator.

#### Day 2:

Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Using the George Foreman grill, cook until golden on both sides, for approximately 4 minutes. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.