



Veggie Quesadillas with Cilantro Yogurt Dip



Ingredients

12 soft corn tortillas (6 inches)
 1 1/2 cups cheddar cheese, shredded
 1 cup corn kernels
 1/2 cup beans, black or pinto
 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 nonfat yogurt
 1/4 cup cilantro, finely chopped
 1/2 teaspoon salt

Directions

1. Preheat large skillet over low heat.
2. Line up 6 tortillas. Divide cheese, corn, beans, cilantro, shredded carrots and peppers between the tortillas. Cover each with a second tortilla.
3. Place a tortilla on a dry skillet or grill and warm until cheese is melted and tortilla is slightly golden, about 3 minutes.
4. Flip and cook other side until golden, about 1 minute.
5. Mix together nonfat yogurt, cilantro and salt.
6. Cut each quesadillas into 6 wedges and serve immediately with the dip.
7. Refrigerate leftovers within 2 hours.

Serving Size 4 wedges
 Yield 9 Servings
 Prep time: 15 minutes
 Cooking time: 5 minutes

Nutrition Facts

Amount Per Serving		% Daily Value*	
Serving Size 4 wedges (170g) Servings Per Container 9			
Calories 210	Calories from Fat 70		
Total Fat 8g			12%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 400mg			17%
Total Carbohydrate 26g			9%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 10g			
Vitamin A 45%		Vitamin C 30%	
Calcium 20%		Iron 4%	
*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

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