

Veggie Quesadillas with Cilantro Yogurt Dip

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 12 soft **corn tortillas**
- 1 1/2 cups shredded **cheese**
- 1 cup corn **kernels**
- 1/2 cup **beans**, try black or pinto beans
- 1/2 cup chopped **cilantro**
- 1 **bell pepper**, finely chopped
- 1 **carrot** shredded
- 1 **jalapeno pepper** finely minced (optional)

Cilantro Yogurt Dip

- 2 cups **plain nonfat yogurt**
- 1/4 cup finely chopped **cilantro**
- 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 one minute.
5. Mix together nonfat yogurt, cilantro and salt.
5. Cut into wedges and serve immediately with the dip.
6. Refrigerate leftovers within 2 hours.

Bright Ideas:

Nutrition Facts			
Serving Size 4 wedges (173g)			
Servings Per Container 9			
Amount Per Serving			
Calories 230	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 450mg			19%
Total Carbohydrate 30g			10%
Dietary Fiber 3g			12%
Sugars 5g			
Protein 10g			
Vitamin A 45%	•	Vitamin C 25%	
Calcium 20%	•	Iron 6%	
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

9 servings, 4 wedges each

Source: Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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