

# Vegetable Quesadillas

2 Servings • 1 Serving = 1 Quesadilla



## INGREDIENTS

- Cooking spray, as needed
- 4 corn tortillas
- 2 ounces Oaxaca cheese, divided
- ½ cup broccoli, finely chopped
- 2 Tablespoons carrot, grated

## DIRECTIONS

1. Heat a nonstick skillet over medium heat. Once warm, spray with cooking spray and place one corn tortilla on the skillet. Top with a fourth of the cheese and half of the vegetables. Top with a fourth more of the cheese and place another tortilla on top.
2. Warm until cheese starts to melt. Flip and continue cooking until cheese is fully melted.
3. Repeat with remaining ingredients.

## Nutrition Facts

2 servings per container  
**Serving size** 1 quesadilla

Amount per serving  
**Calories** 90

% Daily Value\*

**Total Fat** 3.5g 4%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 110mg 5%

**Total Carbohydrate** 10g 4%

Dietary Fiber 1g 4%

**Total Sugars** 2g

Includes 0g Added Sugars 0%

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 107mg 8%

Iron 0mg 0%

**Potassium** 50mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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