

Cool Quesa

Preparation time: 20 minutes

- 2 seconds cooking oil spray
- 2 (6 inch) whole wheat tortillas
- 1/4 cup reduced-fat cheddar cheese, shredded
- 1/3 cup fresh tomatoes, finely chopped
- 1/3 cup onions, finely chopped
- 1/3 cup fresh mushrooms, sliced
- 1/3 cup green bell peppers, chopped



Spray frying pan with cooking oil and heat for 1 minute on MEDIUM. Set aside 2 tablespoons of cheese. Place 1 tortilla in frying pan and spread the remaining cheese on tortilla. Then sprinkle with tomatoes, onions, mushrooms, green peppers, and the remaining cheese. Top with second tortilla. Press down with spatula to help cheese melt. Carefully turn over and allow to cook for 1 minute. Cut into 4 pieces.

Serves: 2

1/4 Cup of Vegetables per Serving

Fruit and/or Veggie Color(s): Red, White, Green

Nutrition Information per serving: calories: 132, total fat: 3.1g, saturated fat: 0.7g, % calories from fat: 17%, % calories from saturated fat: 4%, protein: 7g, carbohydrates: 26g, cholesterol: 3mg, dietary fiber: 3g, sodium: 261mg

Each serving provides: An excellent source of vitamin C, and a good source of fiber.

Recipe was developed for Produce for Better Health Foundation by Shyanaz Allie. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

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