

# Quesadillas with Vegetables

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Adapted from *eatfresh.org*

*Provided by the Auburn Interfaith Food Closet*

RECIPE TYPE: Main Dish

SERVES: 4

PREP TIME: 5 minutes

TOTAL TIME: 15 minutes



## INGREDIENTS:

- 1/2 cup (about 1/2 medium) green bell pepper, chopped
- 1/2 cup corn kernels, fresh or thawed
- 1/2 cup (about 1/2 medium) onion, chopped
- 1 teaspoon oil (for sautéing)
- 1/2 cup (about 1 Roma) tomato, chopped
- 2 tablespoons cilantro, chopped (optional)
- 8 small tortillas
- 1 cup shredded cheese
- Salt and pepper, to taste
- Salsa and/or sour cream, to dip (optional)

## DIRECTIONS:

- 1 Sauté the corn kernels, bell pepper, and onion in 1/2 teaspoon oil in a skillet over medium heat, and cook until soft, about 5 minutes.
- 2 Add tomato, and continue to cook for 1-2 minutes, until tomato is soft.
- 3 Turn off the heat, and stir in cilantro (if using).
- 4 Heat tortillas in the skillet until just soft.
- 5 Divide cheese and vegetables between 4 tortillas, and top each one with a second tortilla. Cook one tortilla in a dry skillet until cheese melts. Fold over, and flip to cook on other side, until tortilla is crispy and browned. Add salt and pepper to taste. Repeat with other tortillas. Serve warm with salsa, and/or sour cream.



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