

\_\_\_\_\_ 's Recipe Diary

## Baked Veggie Quesadillas

Yield: 6 Servings

### For the Quesadillas:

6 7 - 8" whole wheat tortillas  
 1 ½ cup Low-fat mozzarella, shredded  
 1 Green onion (scallion)  
 3 cup Assorted mixed vegetables  
 1 tablespoon Extra virgin olive oil

### For the Herbed Sour Cream:

1 cup Low-fat sour cream  
 1 tablespoon Chopped fresh herb(s)  
 of your choice  
 1 tablespoon Freshly squeezed lemon  
 juice  
 ½ teaspoon Salt  
 ¼ teaspoon Pepper

### Prepare the Veggies:

- Clean and chop vegetables into bite sized pieces.
- Add 1 tablespoon olive oil to a sauté pan over medium heat.
- Add the vegetables and sauté until they are just soft.
- Remove from heat and set aside.

### Prepare the Quesadillas:

- Preheat oven to 400°F.
- Lay 3 of the tortillas on a sheet pan.
- Chop scallions into small pieces.
- Evenly spread the mozzarella onto the tortillas.
- Sprinkle the sautéed veggies and chopped green onion over all 3 tortillas.
- Cover each tortilla with the remaining 3 tortillas.
- Place sheet pan in oven.
- Bake 5 minutes until tortillas are crisp and the cheese is melted.
- Place a quesadilla on a cutting board and cut into fourths.

### Equipment

Cutting board  
 Chef's knife  
 Cutting mats  
 Lettuce knives  
 Sauté pan  
 Induction  
 burner/stovetop  
 Sheet pan  
 Plates  
 Measuring spoons  
 Measuring cups

### To Make Herbed Sour Cream:

- Mix the chopped herbs, sour cream, and lemon juice in a small bowl.
- Add salt and pepper to taste.
- Serve the quesadillas with the herbed sour cream as a dip and enjoy!

