



# Veggie Quesadillas

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## Ingredients

1 medium	sweet onion, slivered
1 cup	red and yellow bell peppers, slivered
1 cup	zucchini, sliced and quartered
1 cup	yellow summer squash, sliced and quartered
1 cup	mushrooms, sliced
2 medium	avocados
½ cup	jalapeno pepper nacho slices (optional)
as needed	non-stick cooking spray
12, 9-inch	whole wheat or white tortillas

*\*Use your favorite veggies*

## Directions

In a large non-stick skillet, spray with non-stick cooking spray and sauté onion till clear. Add red and yellow peppers, zucchini, summer squash and mushrooms. Add additional non-stick cooking spray as needed. Continue to sauté' until tender. Set aside.

In another skillet, spray with non-stick cooking spray and place one tortilla in pan. Top with sautéed vegetables and then top with avocado slices and jalapeno nacho slices. Place another tortilla on top. Over medium heat, cook until golden on both sides, approx 2-3 min per side. Remove from pan and repeat with remaining tortillas. Cut each quesadilla into 8 triangles with pizza cutter or knife. Serve hot!

**Yield:** 6 quesadillas