

VEGGIE-PACKED FAVORITE

Veggie & Black Bean Quesadillas

Crisp, cheesy and loaded with colorful vegetables

SERVES

4

PREP

15 min

COOK

10 min



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INGREDIENTS

- 4 sprays cooking spray
- 1 small red bell pepper, chopped
- 1 small zucchini, cut into thin strips
- 1/2 cup frozen corn kernels
- 1 cup canned black beans, rinsed and drained
- 1 1/2 tsp chili powder
- 1/4 tsp table salt
- 1/4 cup chopped cilantro
- 1 cup reduced-fat Mexican-style cheese
- 4 medium whole-wheat tortillas
- 1/2 cup fat-free plain Greek yogurt
- 1/2 cup salsa

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DIRECTIONS

- 1 Microwave the bell pepper, zucchini and corn in a covered bowl until crisp-tender, about 1 1/2 minutes. Drain, then stir in the beans, chili powder, salt and cilantro.
- 2 Scatter 2 Tbsp cheese over half of each tortilla. Divide the vegetable mixture among them, add the remaining cheese and fold each tortilla closed.
- 3 Lightly coat both sides with cooking spray. Cook in a large nonstick skillet over medium heat, turning once, until crisp and hot, about 4 minutes.
- 4 Cut each quesadilla into 2 wedges. Serve each with 2 Tbsp yogurt and 2 Tbsp salsa.

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WW POINTS

per serving

28 POINTS FOR THE FULL RECIPE

COOK'S NOTE

Use sharp cheddar from your grocery list in place of Mexican-style cheese if desired; recheck Points after substitutions.

ESTIMATED NUTRITION PER SERVING

CALORIES

315

PROTEIN

18g

CARBS

40g

FAT

9g

SAT. FAT

4g

FIBER

7g

SODIUM

720mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.