

# Quesadillas

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**YIELD: 6 Quesadillas, 12 servings**

Ingredients	Qty	Measure/Weight
Flour tortillas	6	12"
Zucchini (sliced thin)	1	cup
Red onions (sliced thin)	1	cup
Yellow squash	1	cup
Frozen whole kernel corn	½	cup
Olive oil	1	Tbsp.
Vegan shredded mozzarella cheese, like Daiya	6	Oz.

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Add oil to pan or griddle and sauté zucchini, red onions and yellow squash until they soften, about 4 minutes.
2. Add corn and cook for 3-4 minutes. Mix with zucchini mixture.
3. Heat tortillas on flat top. Divide the zucchini mixture between 6 of the tortillas.
4. Put one ounce of vegan mozzarella on each of the tortilla and fold the tortilla in half. Continue to cook until golden brown and flip till golden brown.
5. Cut into thirds and serve.

## Serving Information

Cut each quesadilla into four pieces. Serve two quesadilla slices with 1 oz. of vegan sour cream, like Tofutti.

## Nutrition Information per Quesadilla \*From USDA Nutrient Database

Calories: 247 Total Fat: 10g Saturated Fat: 3g Carbohydrate: 32g Protein: 5g Sodium: 503mg  
Vitamin A: 3µg Vitamin C: 3mg Calcium: 86mg Iron: 2mg Folic Acid: 106µg