

Diana's Quesadillas

From the kitchen of Diana West, Eagle Pass

Preparation time: 15 minutes

Number of servings: 10

Ingredients:

20 corn tortillas

8 ounces mozzarella cheese, shredded

4 ounces pimiento

1 green pepper, chopped small

1 large tomato, chopped

1 teaspoon vegetable oil or margarine

Preparation:

1. In a skillet with oil, sauté the onion, pimiento, green pepper, and tomato for 10 minutes.
2. Place onion mixture and cheese on a tortilla. Cover with another tortilla, making a sandwich.
3. Heat quesadilla in a clean skillet over low heat until cheese is melted.

Nutrition information per serving:

FAT: 27% of calories from fat (low)

FIBER: 3 grams (high)

CALORIES: 200



TIP

To reduce fat, use part-skim mozzarella cheese.