

Mixed BELL PEPPER QUESADILLA

These fiesta-worthy quesadillas use vegetarian ingredients to become a lunch or dinner meal in no time. The different varieties of Bell Peppers add a diversity of flavors. These quesadillas are so delicious; you do not need to dip them in salsa or sour cream!



Prep time: 10 minutes
Cook time: 5 Minutes
Serves: 6 People

DIRECTIONS:

- Wash and dice the mixed variety of Bell Peppers and chop up the onion.
- Add the diced Bell Peppers, onions, and olive oil to a preheated skillet, sauté for 2 - 3 mins.
- Transfer sautéed Bell Peppers and onions into a colander. Allow to drain and cool off.
- In a mixing bowl, add Bell Peppers, onions, cilantro, lime juice, and cheese. Season the mixture with salt and pepper.
- Heat a large skillet on medium heat then add the tortilla and spread Bell Pepper and cheese mixture evenly on the tortilla.
- Once the cheese starts to melt and the tortilla is golden brown, fold the tortilla in half and remove it from the heat. Continue doing this until all the tortillas are done.

INGREDIENTS:

- 2 Bell Peppers (red, orange or yellow), diced
- 1 large onion, diced
- 1 **tbsp** olive oil
- 1 **tsp** fresh lime juice
- 6 **8-inch** flour (or whole-wheat) tortillas
- 2 **cups** shredded cheddar
- Fresh ground black pepper and salt to taste

CHEF'S TIP:

To add protein to your quesadilla add shrimp or chicken.

Nutrition Facts	
Serving Size (167g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 550mg	23%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 15g	
Vitamin A 10%	Vitamin C 80%
Calcium 30%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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