

Vegetable Quesadillas Baked or Pan Fried

Ingredients

1 medium onion, chopped
1 medium zucchini, chopped
1 medium sweet red pepper, chopped
1/2 teaspoon ground cumin
4 flour tortillas
1 medium tomato seeded and small diced
4-6 oz cheddar and Monterey Jack cheese blended (shred together)

Directions

In a large bowl, combine the vegetables, oil and cumin. Toss to coat.

Arrange in a single layer in an ungreased baking pan.

Bake, uncovered, at 425 degrees for 10-15 minutes or until tender. Reduce heat to 350 degrees.

Divide vegetable mixture evenly between 2 tortillas.

Sprinkle with cheese. Top with remaining tortillas.

Place on an ungreased baking sheet and bake for 8-10 minutes or until cheese is melted.

To prepare on top of the stove, place one tortilla in the skillet, add vegetable mixture to one half of the tortilla, sprinkle with cheese, and fold the other half to cover.

With a spatula, flip the quesadilla over and cook until cheese melts, 2-3 minutes.