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Zucchini and Cheese Quesadillas

Who knew zucchinis made such a great quesadilla filling?

BY CHRISTINE ALBANA



Raymond Hom

Vegetarian or not, you'll love the taste.

TOTAL TIME: 0:34

PREP: 0:20

COOK: 0:14

LEVEL: EASY

SERVES: 4

Ingredients

2 c. thinly sliced zucchini and/or yellow summer squash (about 10 oz)

4 (8-inch) whole wheat flour tortillas

$\frac{3}{4}$ c. crumbled Cotija cheese (or shredded cheddar or Monterey Jack)

$\frac{2}{3}$ c. thinly sliced scallions

1 serrano or jalapeño chile, thinly sliced

1 tbsp. plus 1 tsp olive oil

1 avocado, diced

$\frac{3}{4}$ c. store-bought fresh tomato salsa (or tomatillo salsa)

Lime wedges, for serving

Directions

- 1 Divide half the zucchini between 2 tortillas and top with half the cheese. Top with remaining zucchini and cheese. Sprinkle with half the scallions and half the chile. Cover with remaining 2 tortillas, and press down.
- 2 Heat a large nonstick skillet over medium-high heat. Brush pan with 1 tsp oil. Place 1 quesadilla in pan and cook, pressing with a spatula, until golden brown on bottom, about 2 min. Brush top with 1 tsp more oil and carefully flip. Cook until crisp and filling is warmed through, about 5 min more. Repeat with second quesadilla, using remaining 2 tsp oil if needed.
- 3 Cut quesadillas into quarters. Top with avocado and remaining scallions and chile. Serve with salsa and lime wedges.

339 cal, 21 g fat (6 g saturated), 11 g protein, 31 g carb, 3 g sugar, 7 g fiber, 814 mg sodium, 23 mg cholesterol per serving

This recipe originally appeared in the July/August 2016 issue of Dr. Oz The Good Life.

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