



Squash Quesadillas

INGREDIENTS:

2 cups Zucchini, grated

1/4 cup Red onion, minced

1 tablespoon Parsley, finely chopped

1/2 teaspoon Cumin, ground

1 teaspoon Tabasco

1/2 cup Monterey jack cheese

1 Each Whole wheat flour tortilla

PREPARATION:

- In a food processor grate zucchini.
- Place red onions and parsley into the food processor to mince.
- Pour zucchini, onions and parsley into a strainer allowing the excess liquid to drain.
- Once drained, pour mixture into a bowl, add cumin, Tabasco and cheese—combine well.
- Lightly spray one side of the flour tortilla and place oiled side down onto a medium hot skillet.
- Spread 1 cup of zucchini mixture onto 1/2 of the tortilla and fold the other half of the tortilla over the zucchini mixture.
- Cook tortilla on the first side until it is golden brown then flip to the other side and cook until it has also browned.
- When finished browning, place quesadilla on a cutting board and cut into 4 wedges.

**Chef's Note: Serve with 1/4 cup black bean salsa, 1/2 cup Mexican slaw, or salsa. You may also add your protein of choice, such as chicken or shrimp, but this will slightly change the [nutrition](#) information. (Shrimp Quesadilla pictured) Enjoy!*

Yield: 2 servings

Nutritional info:

Calories: 200

Fat: 3 grams

