

## Nutritional Information

*Serving Size: 1 - 9" round  
quesadilla + 2 large spoonfuls  
of guacamole*

541 Calories

25 g Total Fat (*primarily healthy fats*)

62 g Carbohydrate

13 g Fiber

25 g Protein

471 mg Calcium

4 mg Iron

88 ug RAE Vitamin A

15 mg Vitamin C



# Vegetable Quesadilla and Guacamole



## **Quesadilla Ingredients:**

*Makes 3 Servings*

½ cup black beans

½ cup sweet corn

½ cup chopped eggplant

½ cup chopped squash

1 tbsp olive oil

6 (9 inch) whole wheat tortillas

1¼ cups shredded reduced-fat sharp cheddar  
cheese

*Optional: season to taste with taco seasoning or salsa*



## **Guacamole Ingredients:**

*Makes 6 Servings*

3 avocados

1 chopped tomato

2 cloves garlic (minced)

¼- ½ cup chopped onion

*Optional: season to taste with salt, pepper, chile powder,  
and/or lime juice*

If using fresh corn, begin by husking corn: place ½ ears of corn in boiling water. Boil for approximately 10 minutes, remove corn and let cool. Cut corn off the ear.

To make the quesadilla, heat a skillet over medium heat and add olive oil. Sauté the first four ingredients until soft and fragrant, about 5-7 minutes. Remove the vegetables and coat skillet with cooking spray (or butter) and leave on medium heat. Place one tortilla in skillet. Top tortilla with just enough cheese to cover the entire tortilla. Sprinkle the vegetable mixture over cheese; add to your own liking. Sandwich the vegetables with additional cheese and cover with a tortilla. Cook for approximately 8-10 minutes or until cheese is melted and tortillas are crisp, flipping the quesadilla half-way through.

For the guacamole, mash avocados in a bowl with a fork and combine all remaining ingredients.

Avocados are high in phytosterols (including beta-sitosterol, stigmasterol, and campesterol) that have many anti-inflammatory benefits!<sub>1</sub>