Baked Veggie Quesadillas
Yield: 6 Servings

For the Quesadillas:

6 7 - 8" whole wheat tortillas
1 ½ cup Low-fat mozzarella, shredded
1 Green onion (scallion)
3 cup Assorted mixed vegetables
1 tablespoon Extra virgin olive oil

For the Herbed Sour Cream:

1 cup Low-fat sour cream
1 tablespoon Chopped fresh herb(s) of your choice
1 tablespoon Freshly squeezed lemon juice
½ teaspoon Salt
½ teaspoon Pepper

Prepare the Veggies:
• Clean and chop vegetables into bite sized pieces.
• Add 1 tablespoon olive oil to a sauté pan over medium heat.
• Add the vegetables and sauté until they are just soft.
• Remove from heat and set aside.

Prepare the Quesadillas:
• Preheat oven to 400°F.
• Lay 3 of the tortillas on a sheet pan.
• Chop scallions into small pieces.
• Evenly spread the mozzarella onto the tortillas.
• Sprinkle the sautéed veggies and chopped green onion over all 3 tortillas.
• Cover each tortilla with the remaining 3 tortillas.
• Place sheet pan in oven.
• Bake 5 minutes until tortillas are crisp and the cheese is melted.
• Place a quesadilla on a cutting board and cut into fourths.

To Make Herbed Sour Cream:
• Mix the chopped herbs, sour cream, and lemon juice in a small bowl.
• Add salt and pepper to taste.
• Serve the quesadillas with the herbed sour cream as a dip and enjoy!