Bell Pepper Quesadillas

Ingredients:

- 1 Tablespoon olive oil
- 1 green bell pepper, cut into small pieces
- 1 red bell pepper, cut into small pieces
- 1 yellow bell pepper, cut into small pieces
- 1 orange bell pepper, cut into small pieces
- 2½ cups shredded part-skim mozzarella cheese or reduced fat (2% milk) cheddar cheese
- 8 whole wheat tortillas
- salsa (optional)
Directions:

1. Cook bell peppers in olive oil over medium heat in a large skillet until soft (about 5 minutes).
2. Place four tortillas on a baking pan. Spread cooked bell pepper pieces and shredded cheese over tortillas.
3. Cover the cheese and bell pepper layer with the remaining four tortillas.
4. Bake at 375 degrees until cheese melts (about 10 minutes).
5. Cut each tortilla into slices (like a pizza) and dip into salsa.

Tips:

To prevent young children from choking, cut bell pepper into pieces no larger than 1/2 inch.