

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)



Bell Pepper Quesadillas continued



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 $\frac{1}{2}$ inch.