

Veggie Quesadillas

Serves 8, Serving size: 1 quesadilla

Ingredients

- 2 tablespoons olive or vegetable oil, divided
- 1 medium zucchini or yellow squash, shredded
- 1/2 medium onion, diced
- 1 can (15 ounces) corn, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1/4 teaspoon salt
- 1 teaspoon chili powder
- 2 cups shredded cheese
- 8 whole wheat tortillas



Photo from www.budgetbytes.com

Directions

1. Heat 1 tablespoon of oil in a skillet. Add zucchini, onion, corn, beans, salt, and chili powder and stir well. Cook until veggies are soft and heated through. Transfer to a plate or bowl and set aside.
2. Fill half of each tortilla with 1/3 cup of veggie mixture and 1/4 cup cheese. Fold each tortilla in half.
3. Heat remaining 1 tablespoon of oil in the same skillet. Add 2-3 quesadillas to the pan at a time and cook until outsides are brown and cheese is melted. Cut each quesadilla in halves or thirds.
4. Serve with salsa, plain yogurt (instead of sour cream), cilantro, or avocado.

Nutrition per serving: 344 calories, 15 g protein, 16 g fat, 37 g carbs, 8 g fiber, 397 mg sodium,

Chunky Mango Pico

Photo and recipe from www.rachaelsgoodeats.com

INGREDIENTS

- 1 large semi-ripe mango, peeled and diced
- 1/2 large cucumber, peeled and diced (inner seeds removed)
- 1/2 red bell pepper, diced
- 1 lime, juiced
- 1/4 cup red onion, diced
- 1 jalapeno, finely chopped, seeds removed (optional)
- 1/4 cup freshly chopped cilantro
- 1/2 teaspoon sea salt

DIRECTIONS

- 1.) Once everything is chopped, toss in a medium bowl, add more lime and salt based on your preference.
- 2.) Refrigerate for 20 minutes before serving. Store in airtight container. Fresh up to 3 days.




GLEANERS

Nutrition: 264 calories, 5 g protein, 2 g fat, 64 g carbs, 1176 mg sodium