

Cheesy Vegetable Quesadillas

Ingredients:

- 7.5 mL vegetable oil
- 1/2 red pepper, cut into chunks
- 125 mL chunky salsa
- 150 mL white cheddar cheese

Method:

1. Heat oil in skillet over medium-high heat.
2. Add pepper and stir-fry 3 to 4 minutes longer until tender-crispy.
3. Remove from heat, stir in salsa and cheese.
4. Spread 50 mL mixture on half of each tortilla, fold over to make a half-moon shape. In a non-stick skillet, grill until tortillas are golden on both sides. Cut into wedges and serve with sour cream for dipping.

