

Corn and Zucchini Quesadillas

- 1 medium zucchini (halved & thinly sliced crosswise, roasted or sautéed until soft)
- 1 cup fresh corn off the cob (roasted, boiled or sautéed until soft)
- 1/3 cup fresh cilantro, chopped
- 4 flour tortillas
- 1 cup shredded cheddar cheese

Directions:

1. Combine corn, zucchini and cilantro.
2. Lightly spray a griddle with cooking spray, place on tortilla on the griddle, add 1/2 of the vegetable mixture on top of the tortilla, add 1/2 cup of cheese on top, cover with another tortilla.
3. Allow to cook until cheese begins to melt and bottom tortilla begins to brown, the flip.
4. Continue to cook until cheese is melted and outside of tortilla is brown. Allow to cool slightly. Slice into triangles for a tasty treat! Serve with sour cream or salsa dipping sauce if desired.



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