

LUNCH OR DINNER — MAIN DISH

Vegetable Quesadillas

Makes 5 quesadillas · serves 10 (½ quesadilla each)

SATIETY SCORE

● ● ● ○ ○ 3 / 5

NUTRITION

HIGH

Per serving (approx.): Protein 7 g · Fiber 4 g · Calories 150

Ingredients

- 1–2 tsp olive oil (for the pan)
- 2½ cups cabbage, shredded
- 1¼ cups fresh mushrooms, chopped
- ⅔ cup sweet red pepper, chopped
- ⅔ cup carrot, shredded
- ½ cup onion, chopped
- ½ tsp ground celery seed
- Dash of salt
- 10 whole-wheat tortillas
- 1¼ cups shredded sharp cheddar cheese

Directions

1. Heat the olive oil in a nonstick skillet over medium-high heat.
2. Add the cabbage, mushrooms, red pepper, carrot, onion, celery seed, and salt; sauté about 5 minutes, until tender.
3. Spoon the vegetable mixture over one tortilla, spreading to within ½ inch of the edge. Top with cheese and a second tortilla.
4. Cook the quesadilla about 2 minutes per side, until lightly browned.
5. Cut into 4 wedges and serve immediately.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Vegetable Quesadillas

Makes 5 quesadillas · serves 10 (½ quesadilla each)

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 small head cabbage (about 2½ cups shredded)
- ☐ 8 oz mushrooms
- ☐ 1 red bell pepper
- ☐ 1–2 carrots
- ☐ 1 small onion

DAIRY & EGGS

- ☐ Sharp cheddar cheese (about 1¼ cups shredded / ~5 oz)

BAKERY & GRAINS

- ☐ 10 whole-wheat tortillas

PANTRY & DRY GOODS

- ☐ Ground celery seed (if not on hand)

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Salt