

Veggie Lovers Quesadilla

A Bountiful Kitchen

print recipe

Remember when we made [Pesto Veggie Lasagna](#), and Sheri came up with the idea to use pesto in the lasagna to give it an extra flavor punch? It works the same here.

Zucchini, washed and sliced thin

Mushrooms, washed and sliced thin, stems on

Roma tomato, chopped

Red onion, chopped

Spinach, fresh

Pepper Jack Cheese, grated

Tortillas, Flour (I used huge burrito style) any size

Pesto, store bought or home made

Olive oil or cooking spray

Kosher salt

Fresh ground pepper

Prepare all vegetables and grate cheese.

Turn griddle (or fry pan that will fit tortilla) onto medium high or about 350 degrees.

Spray pan lightly with cooking spray.

Spread one tortilla with about 2 tablespoons of pesto. Place on grill or pan. Cook over medium high heat. Layer a small amount of cheese, then all desired vegetables, topping with a bit of cheese again. Place other tortilla on top. Flip the tortilla onto

other side, being careful to not let vegetables spill out. Use either one large or two small spatulas. After turning, brush top of tortilla with a little Olive oil, and sprinkle generously with Kosher salt and ground pepper.

Remove from pan to cutting board or serving platter when cheese is melted. Using pizza cutter or large sharp knife, slice into wedges and serve immediately, or keep warm in 250 degree oven until serving.

May be served with guacamole and salsa.

Tips:

- you may alternate and use any vegetables desired. I sliced fresh vegetables really thin and did not pre-cook the vegetables.

- To cut the amount of fat and calories, use a small amount of cheese. For a large burrito size tortilla, I used about 1/3 cup grated (packed into a measuring cup) cheese total.