

DINNER

Roasted Veggie Quesadillas

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
43 min	15 min	28 min	5	\$1.84	334 kcal

Forget going out to eat or ordering takeout every time you crave Mexican food.

Ingredients

☐ 1 pound asparagus spears, trimmed and cut into 1/2-inch pieces	☐ 1 chipotle chile in adobo sauce, minced
☐ 8 ounce carton low-fat sour cream	☐ 5 8-inch (8-inch) 98%-fat-free flour tortillas (such as Mission)
☐ 4 garlic cloves, sliced	☐ ½ teaspoon ground cumin
☐ 1 tablespoon fresh lime juice	☐ 4 ounces cup shredded Monterey Jack cheese
☐ ½ red onion, vertically sliced	☐ ½ cup bottled roasted red bell peppers, drained and cut into strips

EQUIPMENT Frying pan, Oven, Whisk, Spatula

Method

- 1 Preheat oven to 47
- 2 Combine first 4 ingredients, stirring well with a whisk. Cover and chill.
- 3 Combine asparagus, onion, and garlic in a jelly roll pan coated with cooking spray. Coat vegetables with cooking spray.
- 4 Bake at 475 for 10 minutes.

- 5 Spoon vegetable mixture and roasted peppers over tortillas; sprinkle evenly with cheese. Fold tortillas in half.
- 6 Place a large nonstick skillet over medium heat.
- 7 Add quesadillas, 2 at a time, to pan, and cook 3 minutes on each side or until toasted, pressing with a spatula.
- 8 Cut each quesadilla into 4 wedges.
- 9 Serve immediately with sour cream mixture.

Nutrition per serving

334	14 g	16 g	35 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			8.9 g · 55% of daily needs
Fibre			4.4 g · 18% of daily needs
Sugar			4.6 g · 5% of daily needs
Sodium			744 mg · 32% of daily needs
Cholesterol			36.1 mg · 12% of daily needs
Vitamin C			14.5 mg · 18% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-veggie-quesadillas-147794