

Zucchini Quesadillas



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Ingredients:

- Neutral oil, like vegetable or grapeseed oil
- 8 - 8-inch whole wheat tortillas
- 2 cups (4 ounces) Monterrey Jack (or other good melting cheese)
- 2 to 3 medium zucchini, halved lengthwise & cut into thin slices
- ½ cup of Black Bean & Corn Salsa per quesadilla (4 cups total)

Instructions:

1. Add about ¼ Tablespoon of neutral oil to a non-stick skillet or griddle over medium high. Add the sliced zucchini to the skillet and sauté until soft and lightly browned. Season to taste with salt and pepper. Clean out the pan.
2. Mix the sautéed zucchini with the shredded cheese.
3. Set the heat to low and lay a tortilla flat on the pan. On half of the tortilla, add a ½ cup of the zucchini and cheese mixture and ½ cup of the Black Bean Corn Salsa.
4. Once the cheese is melted, fold the tortilla over to cover the zucchini and black bean corn salsa mixture.
5. Toast for another 2 minutes or so, flipping once in between to warm through.
6. Continue steps 1 through 4 until there are no remaining ingredients.
7. Enjoy warm with an extra dollop of salsa, if you have any left!

Black Bean & Corn Salsa



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Ingredients:

- ½ medium onion, diced small
- 1 red bell pepper, diced small
- ¼ cup chopped cilantro leaves, tightly packed
- 1 - 15.5-ounce can black beans, drained & rinsed
- 2 cups frozen corn, thawed
- ¼ cup vegetable or olive oil
- 2 Tablespoons red wine vinegar
- Juice of 1 lime
- 1 teaspoon cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions:

1. In a large bowl, combine onion, scallion, red pepper, cilantro, black beans, and corn
2. In a small bowl or high-sided scontainer, whisk together oil, vinegar, lime juice, and spices.
3. Pour dressing over salsa ingredients and let sit for 15 minutes to allow flavors to combine. Be sure to stir before serving!
4. Use leftovers as a dip for snacking, or add to tacos, burritos, and quesadillas throughout the week!

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