

PARISH OUTREACH

Eat Simply Recipe

During this Lenten Season, Eat Simply asks how you and your family will be uniting yourselves with our struggling neighbors and with the starving of the world. We encourage you to reflect, discuss and to decide how you will eat more basic meals during Lent as you participate in Eat Simply.

What is a “simple meal” in your house? Below is a recipe that is easy and quick and considered a “simple meal” in my home.

If you have a favorite “simple” recipe, perhaps you would like to share it and we would be happy to share it in the bulletin and on the website. Thank you so much for participating in the Eat Simply program.

Farmer's Market Vegetarian Quesadillas

Serve while hot with your favorite salsa, sour cream, and guacamole.

Ingredients

- ½ cup chopped red bell pepper (\$1.99 a lb.)
- ½ cup chopped zucchini (\$.85 each)
- ½ cup chopped yellow squash (\$.91 each)
- ½ cup chopped red onion (\$1.31 each)
- ½ cup chopped mushrooms (\$2.49 for 8 oz. package)
- 1 tablespoon olive oil (\$6.39 for 16.09 oz. bottle)
- cooking spray (\$3.69)
- 6 (9 inch) whole wheat tortillas (\$2.49 Whole Wheat Tortillas)
- 1 ¼ cups shredded reduced-fat sharp Cheddar cheese (\$2.50 7oz bag)

**All prices listed are based on Stop and Shop brand items and current vegetable prices.



Directions

In a large nonstick pan, cook red pepper, zucchini, yellow squash, onion, and mushrooms in olive oil over medium to medium-high heat for about 7 minutes, or until just tender. Remove vegetables from pan.

Coat the same pan with cooking spray, and place one tortilla in pan. Sprinkle 1/4 cup of cheese evenly over tortilla, and layer 3/4 cup of the vegetable mixture over the cheese. Sprinkle another 1/8 cup of cheese on the vegetables, and top with a second tortilla. Cook until golden on both sides, for approximately 2 to 3 minutes per side. Remove quesadilla from pan, and repeat with remaining ingredients. Cut each quesadilla into 8 triangles with a pizza cutter. Serve hot.

Kelley