



Easy Cheesy Beef Quesadillas

INGREDIENTS:

- 1 lb. extra lean ground beef
- 1 cup salsa
- 1 small zucchini, chopped
- 1 medium tomato, chopped
- 1 can (16 oz.) fat-free refried beans
- 1 medium green bell pepper chopped
- 8 (10-inch) flour tortillas
- 1 cup shredded sharp cheddar cheese and/or Colby or jack cheeses

METHOD:

Cook beef and zucchini in large non-stick skillet over medium high heat 5-7 minutes. Stir in refried beans and cook 4 minutes or until heated through. Spread third of mixture evenly over each of four tortillas. Sprinkle evenly with cheese. Top each with another tortilla. Cook each quesadilla in skillet over medium high heat for 1 minute per side or until the cheese is melted. Cut each into four wedges; serve with the salsa, sour cream, chopped tomato and pepper.