

Fresh Rec Stop Recipe

Cheese Pepper and Onion Quesadilla Recipe from the American Diabetes Association

Ingredients

- 1/2 cup of frozen mixed pepper and onion stir-fry
- 1 6 - inch low-fat flour tortilla
- 2 Tbsp of grated reduce-fat cheddar cheese
- 1-2 Tbsp of mild or medium salsa (optional)

Prep time:
5 minutes
Serves 1

Include ground
turkey or chicken
for added protein

Instructions

1. Coat a medium nonstick skillet with nonstick spray. Add the pepper and onion mixture and cook over medium-high heat, stirring frequently, until onions are softened, about 2 minutes.
2. Push the pepper and onion mixture to the side of the pan. Add the tortilla. Scoop up the pepper and onion mixture and arrange it evenly over the tortilla. Sprinkle the cheese on top. Reduce the heat to medium- low. Cover the skillet and cook until the cheese is melted. Add salsa. Fold tortilla and serve.





DID YOU KNOW?

Fresh produce is available for purchase at select City facilities with some items costing as little as 50 cents!

Visit one near you:

- Azalea Recreation Center
1600 72nd St. N.
- Campbell Park Recreation Center
601 14th St. S.
- Childs Park Recreation Center
4301 13th Ave. S.
- Frank Pierce Recreation Center
2000 7th St. S.
- Gladden Park Recreation Center
3901 30th Ave. N.
- J.W. Cate Recreation Center
5801 22nd Ave. N.
- Lake Maggiore Environmental Education Center
at Boyd Hill Nature Preserve
1101 Country Club Way S.
- Lake Vista Recreation Center
1401 62nd Ave. S.
- Roberts Recreation Center
1246 50th Ave. N.
- Thomas "Jet" Jackson Recreation Center
1000 28th St. S.
- Willis S. Johns Recreation Center
6635 Dr. Martin L. King Jr. St. N.

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