Let’s add more vegetables and whole grains to your meals without costing you too much

Fajita-Style Quesadillas

Ingredients:
- 1/2 medium red or green sweet pepper, seeded and cut into bite-size strips
- 1/2 medium onion, halved and thinly sliced
- 2 teaspoons vegetable oil
- 4 6-inch white corn tortillas
- Nonstick cooking spray
- 1/2 cup shredded Monterey Jack cheese (2 ounces)
- 2 thin slices tomato, halved crosswise
- 1 tablespoon chopped fresh cilantro
- Light dairy sour cream (optional)
- Cilantro and lime wedges (optional)

Directions:
1. In a large skillet cook sweet pepper and onion in hot oil over medium-high heat for 3 to 5 minutes or until vegetables are just tender. Remove from heat.
2. Lightly coat one side of each tortilla with cooking spray. On the uncoated side of two of the tortillas, divide half of the cheese. Top with onion mixture, tomato slices, the 1 tablespoon cilantro, and the remaining cheese. Top with remaining tortillas, coated sides up.
3. Heat a very large skillet or griddle over medium heat. Cook quesadillas for 4 to 5 minutes per side or until cheese melts and tortillas are lightly browned. Cut each quesadilla into 4 wedges. Serve warm and, if desired, with sour cream, additional cilantro and lime wedges.

Tip
Add cooked beans, chicken, shrimp, or your other favorite protein to these quesadillas for a heartier meal.
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Black Bean Burgers

Ingredients:
- 2 tablespoons vegetable oil
- stalk celery, chopped
- onion, finely chopped
- clove garlic, minced
- 15-oz. can black beans, rinsed and drained
- large egg, lightly beaten
- 1 tablespoon cumin
- 1/2 cup plain bread crumbs
- Salt and pepper

Directions:
1. Preheat oven to 375°F. Line a large, rimmed baking sheet with foil; grease lightly.

2. Warm oil in a large skillet over medium-high heat. Add celery and onion and cook, stirring often, until softened, 3 to 5 minutes. Add garlic and sauté 1 minute longer.

3. Pour beans into a large bowl and use a fork or potato masher to mash into a thick paste. Scrape vegetables from skillet into bowl. Stir in egg, cumin and bread crumbs. Season with salt and pepper.

4. Use your fingers to form into 4 patties (do not over mix). Place patties on baking sheet and bake until firm and set, about 10 minutes on each side. Serve on whole-grain buns with lettuce, tomato and sliced red onion, if desired.
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Roasted Herbed Tomatoes

Ingredients:
- 3 red tomatoes, halved
- 3 yellow tomatoes, halved
- Salt and pepper
- 1 tablespoon chopped fresh parsley
- 2 teaspoons chopped fresh oregano
- 2 teaspoons chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- 2 tablespoons chopped shallot
- 2 tablespoons minced garlic
- 4 tablespoons olive oil
- 2 tablespoons chopped fresh basil

Directions:
1. Sprinkle tomatoes with salt and place, cut side down, on a paper towel–lined plate. Let stand 30 minutes to drain.
2. Preheat oven to 425ºF. Mist a baking dish with cooking spray, then arrange tomato halves, cut side up, in a single layer in dish.
3. In a small bowl, combine herbs, shallot and garlic. Add pepper, to taste. Spread herb mixture evenly over tomatoes. Drizzle with oil.
4. Bake in oven until cooked through, about 20 minutes. Remove dish from oven, top with fresh basil and serve.
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Easy Veggie Pasta

Ingredients:
- 1 Tbsp extra virgin olive oil or coconut oil
- 2-4 cloves garlic, crushed
- 1 brown onion, diced
- ¼ red pepper, diced
- 2 cups mushrooms, sliced
- 1 tomato, diced
- 1 cup fresh basil, chopped, about a handful
- ½ tsp salt (optional)
- cooked pasta or grain
- Parmesan (optional)

Directions:
1. Heat oil over medium-high heat in a non-stick pan. Add in garlic, onion and red peppers and cook for 5 minutes.
2. Add in mushrooms and tomato and cook for another 5 minutes.
3. Add in the chopped basil and take off the heat.
4. Serve over pasta or quinoa. Sprinkle with parmesan cheese.