



## Quick Quesadillas

*Makes 5 Servings*

2 tablespoons canola oil, divided  
1 medium orange, yellow or red bell pepper, cut into 1/4-inch dice (about 1 1/4 cups)  
2 apple chicken sausages (6 ounces), casings removed and sausages coarsely chopped  
1 cup shredded reduced-fat Cheddar cheese (4 ounces)  
1/2 cup fresh or frozen corn kernels, thawed  
2 tablespoons all-natural barbecue sauce  
Five 8-inch flour tortillas

1. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Cook the bell pepper, stirring frequently, until soft, 5 to 7 minutes. Add the sausage, reduce the heat to medium, and cook until heated through, an additional 2 to 3 minutes.
2. In a bowl, stir together the cooked bell pepper and sausage, cheese, corn kernels, and barbecue sauce. Spread the mixture evenly over half of each tortilla. Fold over, press down gently, and set aside.
3. Heat 1 teaspoon of the oil in the skillet over medium-high heat (you may want to wipe out the skillet first). Add two of the quesadillas and cook, pressing down occasionally with a spatula, until the tortillas become crisp and golden on the bottom, about 3 minutes. Flip the tortillas and cook an additional 2 minutes.
4. Repeat with the remaining oil and quesadillas. Cut into halves or quarters and serve.

Nutrition Information per Serving: 360 calories, 16g fat (3.5g saturated, 0.4g omega-3), 750mg sodium, 34g carbohydrate, 2g fiber, 27g protein, 30% vitamin A, 80% vitamin C, 15% calcium, 10% iron