

### ***Stacked Vegetable Quesadillas***

½ sweet onion, thinly sliced

1 clove garlic, minced

4 oz. mushrooms, thinly sliced

2 carrots, julienned

1 zucchini or summer squash, julienned

1 green or sweet red pepper, thinly sliced

12 corn or flour tortillas

1 ½ cups pepper jack cheese

In a nonstick fry pan sauté in 1 T. oil until translucent, 1-2 min.

Add and cook 5 more minutes until vegetables are just tender. Salt and pepper to taste.

Assemble 4 stacks on baking sheet. Each stack starts with tortilla, add large spoonful of vegetables, some grated cheese, another tortilla. Repeat layer ending with a third tortilla on top. Place stacks in a preheated oven at 400° for 10-15 min. or until cheese melts. Cut into quarters and serve with salsa, sour cream, and guacamole.