

# Cabbage and Carrot Quesadillas

Serving Size: 1 Quesadilla | Servings per Recipe: 8 | Heart Healthy



## INGREDIENTS

- 2 tablespoons oil, divided
- 2 cups cabbage, thinly sliced
- 2 carrots, shredded
- 4 whole wheat tortillas
- ¼ cup peanut butter
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon vinegar

## DIRECTIONS

- Heat 1 tablespoon of oil in a large pan over medium heat.
- Add cabbage and cook 10 minutes until soft. Add carrots and cook 5 more minutes. Transfer mixture to a bowl.
- Wipe out the pan. Place ¼ of the vegetable mixture on one half of each tortilla and fold in half.
- Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Cook quesadillas 3–4 minutes per side until golden brown.
- In a small bowl, mix peanut butter, soy sauce, and vinegar to make a dipping sauce.
- Cut quesadillas into wedges and serve with dipping sauce.

Calories per serving: 310 | 14 g total fat | 40 g total carbohydrates | 300 mg sodium | 10 g protein