**Vegetable Quesadillas**

**Ingredients**
- 8 (6-inch) flour tortillas
- ½ teaspoon olive oil
- 1 medium red onion, thinly sliced
- 1 large red bell pepper, thinly sliced
- 1 cup frozen corn kernels
- 1 teaspoon ground cumin
- ¾ teaspoon dried oregano
- ¼ cup chopped cilantro
- 1 tablespoon fresh lime juice
- 1½ cups shredded reduced-fat Monterey Jack or cheddar cheese
- 1 cup salsa
- ¼ cup reduced-fat sour cream

**Instructions**
Adjust the oven racks to divide the oven into thirds; preheat the oven to 375ºF. Arrange 4 of the tortillas on a baking sheet.

Heat a nonstick skillet over medium heat. Swirl in the oil, then add the onion and pepper. Sauté until softened, 6 minutes. Stir in the corn, cumin, and oregano; cook until the vegetables are tender-crisp, 4 minutes more. Remove from the heat; stir in the cilantro and lime juice.

Sprinkle half of the cheese evenly over the tortillas on the baking sheet, leaving a 1/2-inch border. Spoon the vegetable mixture on top, dividing evenly among the tortillas and spreading level. Sprinkle on the remaining cheese and top with the 4 remaining tortillas, pressing lightly on top.

Bake until golden brown and the cheese is melted, 10 minutes, rotating the baking sheet halfway through. Cut each quesadilla into 8 wedges and serve with the salsa and sour cream.

**COOK TIME:** 20 min  |  **SERVINGS:** 4  |  **PER SERVING:** 10

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