

CrispLid Vegetable and Cheese Quesadillas



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Zucchini, red bell pepper, and Cheddar cheese come together in these quick and easy vegetable quesadillas that are ready in less than 20 minutes. The CrispLid makes them nicely crispy on the outside with melty cheese in the middle. Make them as an appetizer for a casual get-together or a quick lunch or dinner. Serve with homemade salsa and guacamole.



Ready in: 18min **Prep time:** 10min

Cook time: 8min

Ingredients

- 2 (6 inch) flour tortillas
- cooking spray
- ½ cup shredded Cheddar cheese
- ½ red bell pepper, sliced
- ½ zucchini, sliced

Appliances

For best results, we recommend using:



Mealthy CrispLid

Directions

1. Spray 1 side of a single tortilla generously with cooking spray and place flat in CrispLid fryer basket.
2. Spread half the Cheddar cheese over tortilla. Top cheese layer with bell pepper and zucchini. Spread remaining Cheddar cheese over top.
3. Place second tortilla over fillings and spray top with cooking spray. Set CrispLid trivet in inner steel pot of pressure cooker and set fryer basket on top of trivet.
4. Set CrispLid on top of inner steel pot and plug in. Set to 400°F (200°C) and cook for 4 minutes. Flip quesadilla using tongs and cook until cheese is melted and tortillas are crisp, 4 to 5 minutes more. Lift the lid using the handle and set it on the silicone mat.

Mealthy Tip



Try other vegetables instead of zucchini and red bell pepper. Sautéed onion and spinach are a good combination. Sautéed garlic and broccoli florets are also good.

Mozzarella cheese or Mexican cheese blend can be substituted for the Cheddar cheese, if desired.

Nutrition Facts



Per Serving: 291 calories; 13g fat; 31.5g carbohydrates; 12g protein; 28mg cholesterol; 421mg sodium.

Full nutrition