



## Confetti Quesadillas

**Servings:** 6

**Ingredients:**

- 2 cups fat-free plain yogurt
- 1 cup finely minced cilantro
- 1 teaspoon cumin
- 12 soft corn tortillas
- 1 cup (4 ounces) shredded reduced-fat Monterey Jack cheese
- 1 cup (4 ounces) shredded reduced fat Colby cheese
- 1/2 cup fresh corn kernels or black beans
- 1/2 cup coarsely chopped cilantro
- 1 red bell pepper, finely minced
- 1 jalapeño pepper, finely minced

**Preparation:**

Line a large strainer with a coffee filter or paper towel and place over a mixing bowl. Pour in yogurt and let sit until some of the liquid has drained away and yogurt is consistency of sour cream. Transfer to small mixing bowl. Stir in cilantro and cumin.

Preheat large skillet over low heat. Line up six tortillas. Divide cheese, corn, cilantro and peppers among tortillas, then cover each with a second tortilla. Place a tortilla on dry skillet or grill and warm until cheese is melted and tortilla is slightly golden. Flip and cook other side until golden. Cut into wedges and serve. Repeat with remaining quesadillas. Serve each wedge with a dollop of cilantro yogurt dip.

**Entertaining Idea:**

Make these ahead and serve at room temperature, or set up an assembly line "grillside" and let guests select their own blend of cheese and "confetti."

**Nutritional Facts:**

*Nutritional Facts Per Serving:  
Serving size: 1/2 quesadilla plus 2  
tablespoons cilantro yogurt*

Calories:	280
Total Fat:	7g
Saturated Fat:	3g
Cholesterol:	20mg
Sodium:	390mg
Carbohydrates:	40g
Dietary Fiber:	3g
Protein:	17g
Calcium	40% Daily Value

Cost/recipe:

**\$10.00**

Cost/serving:

**\$1.67**

(figured using canned black beans)

**BANK  
ON THE  
BASICS**

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