

Vegetable Quesadillas

These tasty Mexican treats beg for your favorite tongue-searing fresh salsa. Serve with a dollop of non-fat sour cream to cool back down.

MAKES 4 SERVINGS

- 2 cups small broccoli florets
- 1½ cups fat-free milk
- ¼ cup + 2 tablespoons all-purpose flour
- ½ cup thawed frozen corn kernels
- ¼ red bell pepper, seeded and chopped
- ¼ cup coarsely chopped green chiles
- ½ teaspoon salt
- ⅛ teaspoon cayenne pepper
- ¼ cup chopped cilantro
- Four 6" flour tortillas

1. In a large pot of boiling water, cook the broccoli 2 minutes; drain.
2. Preheat the oven to 425° F; spray a baking sheet with nonstick cooking spray.
3. In a small nonstick saucepan over medium heat, whisk the milk and flour; cook, stirring frequently, 4–5 minutes. Stir in the corn, bell pepper, chiles, salt and cayenne; remove from the heat and stir in the broccoli and cilantro.
4. Spoon the vegetable mixture over the bottom half of the tortillas, leaving a ½" border; fold the top half over the vegetables. Place the quesadillas on the baking sheet; bake until hot and bubbling, about 8 minutes. Serve at once.

Per serving: 184 Calories, 2 g Total Fat, 0 g Saturated Fat, 2 mg Cholesterol, 436 mg Sodium, 33 g Total Carbohydrate, 4 g Dietary Fiber, 9 g Protein, 173 mg Calcium. **POINTS** per serving: 3.

Stuffed Potatoes

To speed up the prep time of this recipe, microwave the potatoes instead of baking them.

MAKES 4 SERVINGS

- 2 large baking potatoes, scrubbed
- 2 teaspoons olive oil
- 2 onions, chopped
- 1 cup chopped broccoli
- 1 carrot, chopped
- 4 garlic cloves, minced
- ½ cup nonfat cottage cheese
- ¼ cup chopped parsley
- 2 tablespoons grated Parmesan cheese
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt

1. Preheat the oven to 400° F. Pierce the potatoes several times with a fork; bake until tender, about 1 hour. Reduce the oven temperature to 350° F.
2. In a medium nonstick skillet, heat the oil. Sauté the onions until softened, about 5 minutes. Add the broccoli, carrot and garlic; cook, stirring as needed, until softened, about 5 minutes. Reduce the heat and cook, covered, 4 minutes.
3. Halve the potatoes lengthwise; scoop out the pulp, leaving the skins intact. In a large bowl, combine the potato pulp, sautéed vegetables, cottage cheese, parsley, Parmesan, pepper and salt, stirring and mashing potatoes with a fork to the desired texture. Spoon the stuffing back into the potato skins. Place on a baking sheet and bake until heated through, about 15 minutes.

Per serving: 196 Calories, 3 g Total Fat, 1 g Saturated Fat, 4 mg Cholesterol, 311 mg Sodium, 34 g Total Carbohydrate, 5 g Dietary Fiber, 9 g Protein, 103 mg Calcium. **POINTS** per serving: 3.