**Vegetable Quesadillas**

**Ingredients**

15 ml vegetable oil

¼ green bell pepper, sliced into thin strips

¼ red bell pepper, sliced into thin strips

¼ onion, sliced into strips

1 ml salt and pepper, to taste

5 ml lemon juice

250 ml grated cheddar cheese

6 tortillas

Salsa (optional)

**Method**

1. Preheat oven to 375 degrees.
2. Cook the pepper and onion in oil over medium heat in a large frying pan
3. Add salt and pepper and lemon juice and cook until peppers are just soft, about 5 minutes.
4. Place 4 flour tortillas flat on a baking pan. Place a large spponful or a thin layer of peppers on a flour tortilla.
5. Add a thick layer of cheese and cover with another flour tortilla.
6. Bake at 375 degrees for about 10 minutes, or until cheese has melted. Slice into fourths or 6 pie pieces, like a pizza. Top with salso if desired.