Ingredients

4 whole-wheat tortillas (10-inch)
1 cup grated reduced-fat sharp cheddar or Mexican blend cheese
4 teaspoons olive oil
1 cup corn (frozen or canned)*
1 cup grated zucchini*

*Other toppings include black beans, diced tomatoes, sliced scallions, red pepper, mushrooms or chopped cilantro leaves
Directions

1. Put one tortilla on the large plate and sprinkle ¼ cup grated cheese on one side of the tortilla. Try not to get it too close to the edge.

2. Top with ¼ cup corn and ¼ cup shredded zucchini, then fold the tortilla in half to make a half-moon shape.

3. With the help of an adult, put the skillet on the stove and turn the heat to medium. When it is hot, carefully add 1 teaspoon of olive oil.

4. Carefully, add the tortilla to the hot skillet and cook until the bottom is lightly browned and the cheese is all gooey, about 2 minutes. Using a spatula, turn the tortilla over and cook another 2 minutes. Move the cooked tortilla to the serving plate.

5. Repeat with the remaining tortillas, cheese, olive oil and toppings.

6. Garnish and serve right away.