



A Nutrition Resource



COLORFUL QUESADILLAS

Yield: 8 Servings | Serving Size: 1 quesadilla

Cost/serving: \$0.98

Ingredients:

- 4 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 (8-inch) whole wheat tortillas
- 1 cup sweet red pepper (chopped)
- 1 3/4 cup low-fat cheese (shredded)
- 2 cups spinach leaves (fresh or 9 ounces frozen, thawed, and squeezed dry)

Directions:

- 1) In a small bowl, mix the cream cheese and garlic powder.
- 2) Spread about 2 Tablespoons of the cream cheese mixture on each tortilla.
- 3) Sprinkle about 2 Tablespoons bell pepper and 2 Tablespoons cheese on one half of each tortilla.
- 4) Add spinach: 1/4 cup if using fresh leaves or 2 Tablespoons if using frozen. Fold tortillas in half.
- 5) Heat a large skillet over medium heat until hot. Put two folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
- 6) Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder
- 7) Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts

2 servings per container
Serving size 1 quesadilla (106g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 530mg	23%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 2mg	10%
Potassium 58mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This institution is an equal opportunity provider.

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