



COLORFUL QUESADILLAS

Serving Size: 4 wedges or one quesadilla

Yield: 8 servings

Ingredients:

- 8 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 small flour tortillas
- 1 cups chopped sweet red pepper
- 1 cup shredded low-fat cheese
- 2 cup fresh spinach leaves or 9 oz. frozen, thawed and squeezed dry

Instructions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the 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 2 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.

Cost:

Per Recipe: \$ 3.78

Per Serving: \$ 0.47

Nutrition Facts

Serving Size 4 wedges or 1 quesadilla

Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 420mg **18%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 11g

Vitamin A 35% • Vitamin C 45%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

