

Colorful Quesadillas

Makes: 8 servings

Ingredients

8 ounces fat-free cream cheese
¼ teaspoon garlic powder
8 small flour tortillas
1 cup red bell pepper, chopped
1 cup low-fat shredded cheese
2 cups spinach leaves, raw (or 9oz frozen, thawed, and squeezed dry)

Directions

1. In a small bowl mix the cream cheese and garlic powder
2. Spread about 2 tbsp of mixture on each tortilla
3. Sprinkle 2 tbsp of bell pepper and 2 tbsp of cheese on half of each tortilla.
4. Add spinach: ¼ cup if fresh or 2 tbsp if frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet for 1-2 minutes on each side or until golden brown.
6. Remove from skillet, place on platter, cover with foil to keep warm while the remainder cook.

Total Cost: \$6.50

Serving Cost: \$1.63

Source: Iowa State University Extension



Nutrition Facts	
8 servings per container	
Serving size	1 quesadilla
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 590mg	26%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 11g	22%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) 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.</small>	

