



Colorful Quesadillas

Nutrition Facts

8 servings per container
Serving size 1 Quesadilla (123g)

Amount per serving	
Calories	190
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 620mg	27%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 198mg	15%
Iron 0mg	0%
Potassium 97mg	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.

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



\$6.77 per recipe

Ingredients:



8-ounce package fat-free cream cheese, softened



1/4 teaspoon garlic powder



8, 8-inch whole wheat tortillas



1 cup red OR green bell pepper, diced



1/2 cup red onion, diced



1 cup shredded low-fat cheese



2 cups fresh spinach leaves OR 9 ounces frozen spinach, thawed and squeezed dry

Meal Idea

Colorful Quesadilla with salsa



Watermelon



Skim milk



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Tools Needed:



small bowl



rubber spatula



butter knife



measuring spoons



dry measuring cups



cutting board



chef's knife



large skillet



spatula



aluminum foil



pizza cutter



stovetop



Slap-Chop
(optional)

Directions:

1

Wash hands with warm water and soap, scrubbing for at least 20 seconds.



2

Rinse spinach, and pat dry.

Gently scrub the red bell pepper under running water.



3

Dice 1 cup of bell pepper, ½ cup onion, and chop 2 cups of spinach.



4

In a small bowl, mix 8 ounces of cream cheese with ¼ teaspoon of garlic powder.



5

Spread about 2 tablespoons of the cream cheese mixture on each tortilla using a butter knife.



6

Sprinkle about 2 tablespoons bell pepper, 1 tablespoon onion, 2 tablespoons cheese, and ¼ cup spinach on one half of each tortilla.



7

Fold tortilla in half.



8

Heat a large skillet over medium heat until hot.



9

Put 2 folded tortillas in skillet and heat for 1-2 minutes, flip and heat another 1-2 minutes or until golden brown.



10

Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder of the quesadillas.



11

Turn off the stovetop when done cooking.



12

On a cutting board, use a knife or pizza cutter to cut each quesadilla into 3 or 4 wedges. Serve warm.



**Recipe makes 8 servings*

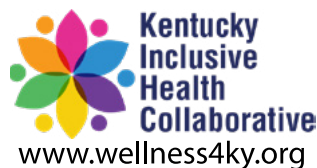
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Refrigerate leftovers within 2 hours. Eat within 3-4 days.



Source: Adapted from United States Department of Agriculture, What's Cooking USDA Mixing Bowl, March 2015.
www.usda.gov/whatscooking

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