

Quesadillas

Makes 12 servings

Ingredients

- 1 dozen corn tortillas
- $\frac{3}{4}$ cup taco sauce or Salsa
- $\frac{3}{4}$ cup shredded low-fat cheddar cheese
- $\frac{3}{4}$ cup shredded low-fat Monterey Jack cheese



Directions

1. Spread each tortilla with 1 Tablespoon taco sauce or salsa. Sprinkle on 1 Tablespoon of each kind of cheese.
2. Fold tortillas in half, fasten with a toothpick, and place on a baking sheet (any size).
3. Bake at 350°F about 5 minutes or until cheese melts.

Variations

Microwave - Place quesadilla on paper towel and cook on high for 30 to 45 seconds for each tortilla. Let stand to allow cheese to melt.

Electric Skillet or Stovetop - Coat cooking surface with non-stick spray. Place quesadilla on surface warmed up to medium heat and cook until brown (about 2 minutes). Turn and continue to cook until cheese is melted (about 2 minutes).

Nutrition Facts

Serving Size 1 quesadilla (84.42g)
Servings Per Container 12

Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 390mg	16%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 8g	16%

*Percent Daily Values are based on a 2,000 calorie diet.