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Cheese Quesadilla

Ingredients

1 ounce low fat cheddar cheese

2 (6-inch) flour tortillas

Create-A-Flavor Changes
Add your own ideas, too!

- Use corn tortillas.
- Try different kinds of cheeses.
- Spread 2 Tablespoons refried beans on tortilla before placing in skillet.
- Add a Tablespoon of fresh chopped tomatoes, green peppers, or onions with grated cheese.
- Add 2 Tablespoons sliced cooked chicken with cheese.

Makes 1 serving

Instructions

1. Grate cheese.
2. Heat the skillet on medium-high on the stovetop.
3. Place one tortilla on the hot skillet. Sprinkle tortilla with grated cheese. Top with second tortilla. Cook about 30 seconds, then flip.
4. Cook about 30 seconds on the second side. The quesadilla is done when both sides are golden brown and cheese is melted.

<u>To Prepare in Microwave Oven:</u>

1. Grate cheese.
2. Place one tortilla on a microwave-safe plate. Sprinkle tortilla with grated cheese. Top with second tortilla.
3. Cover with damp paper towel.
4. Microwave on high (100% power) about 1 minutes. The quesadilla is done with cheese is melted.

Nutrition Facts

Serving Size 1
Servings Per Container 1

Amount Per Serving

Calories 240	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2.5g	**13%**
Trans Fat --g	
Cholesterol 5mg	**2%**
Sodium 560mg	**23%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 12g	

Vitamin A 2% • Vitamin C 0%
Calcium 20% • Iron 10%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

26% calories from fat

Source: Adapted from: Cooking Up Fun! A Pyramid of Snacks, Cornell University, 1998.

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