

**Colorful Quesadillas**

**Ingredients:**

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 small flour tortillas
- 1 cup chopped sweet red or green bell peppers
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 ounces frozen, thawed and squeezed dry

**Directions:**

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 shredded cheese one half of each tortilla.
4. Add spinach: ¼ 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.

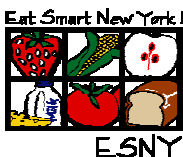
<b>Nutrition Facts</b>	
Serving Size 4 wedges (1 quesadilla) (138g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 45
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 570mg</b>	<b>24%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein 12g</b>	
Vitamin A 80%	Vitamin C 40%
Calcium 25%	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	

Makes 8 servings.

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book, p. 12

Nutrition Facts calculated by The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

23% of calories from fat.



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