



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Quesadillas

- 1 dozen soft whole wheat or corn tortillas
- $\frac{3}{4}$ cup taco sauce or salsa
- $\frac{3}{4}$ cup shredded cheddar cheese
- $\frac{3}{4}$ cup shredded Monterey Jack Cheese

1. Preheat oven to 350°F.
2. Spread each tortilla with 1 tablespoon sauce or salsa. Sprinkle on 1 tablespoon of each kind of cheese.
3. Fold tortillas in half, fasten with a toothpick, and place on a cookie sheet or baking pan.
4. Bake about 5 minutes or until cheese melts.

Variations:

Microwave- Quesadillas can also be cooked in the microwave. Place on paper towel and cook on high for 30 to 45 seconds for each tortilla. Let stand to allow cheese to melt.

Electric Skillet- Cook in electric skillet or in a pan on a stovetop. Spray cooking surface with non-stick cooking spray. Place quesadilla on surface warmed up to medium heat and cook until brown (about 2 minutes). Flip over quesadilla and cook until cheese is melted (about 2 minutes).

Nutrition Facts

Serving Size: 1 Quesadilla (66g)

Servings: 12

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 3g **14%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 340mg **14%**

Total Carbohydrate 13g **4%**

Dietary Fiber 9g **36%**

Sugars less than 1g

Protein 6g

Vitamin A 4% ■ Vitamin C 4%

Calcium 15% ■ Iron 0%

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



TV Show

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