



# Colorful Quesadillas

## INGREDIENTS

- 8 ounces fat-free cream cheese
- 1/4 teaspoon garlic powder
- 8 small flour tortillas
- 1 cup chopped sweet red or green bell pepper
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 oz. frozen, thawed, and squeezed dry

## PREPARATION (continued on back)

1. In a 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 on one half of the tortilla.
4. Add spinach: 1/4 cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.

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## PREPARATION (continued)

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.

## NUTRITIONAL INFORMATION PER SERVING

Makes 4 servings. One serving (one quesadilla) contains:

160 calories

3.5 grams of fat

2 grams of fiber

35% of Daily Value of Vitamin A

45% of Daily Value of Vitamin C

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*Recipe from USDA's Loving Your Family, Feeding Their Future.*

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