



Colorful Quesadillas

Makes 8 servings



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

- In a small bowl, mix the cream cheese and garlic powder.
- Spread about 2 tablespoons of the cheese mixture on each tortilla.
- Sprinkle about 2 tablespoons bell pepper and 2 tablespoons shredded cheese one half of each tortilla.
- Add spinach: ¼ cup if using fresh leaves or 2 tablespoons if using frozen. Fold tortillas in half.
- 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.
- Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
- Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts			
Serving Size 4 wedges (1 quesadilla) (138g)			
Servings Per Container 8			
Amount Per Serving			
Calories	200	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	570mg		24%
Total Carbohydrate	25g		8%
Dietary Fiber	1g		4%
Sugars	3g		
Protein	12g		
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:	2000	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
23% of calories from fat.			