

# SPINACH QUESADILLAS

SERVES 6

These bright tasty quesadillas are the perfect snack..

## INGREDIENTS

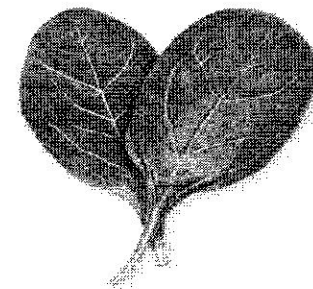
8 ounces cream cheese, fat free	1-cup sweet red pepper (chopped)
¼ teaspoon garlic powder	1-cup low-fat cheese (shredded)
8 flour tortillas (small)	2 cups spinach leaves (fresh, or 9 oz. frozen, thawed or squeezed dry.

## 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 cheese on one half of each tortilla.
4. Add spinach: 1/4 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.

Source: Iowa State University Extension.

**NUTRITIONAL INFO:** Serving Size: 4 wedges or 1 quesadilla, Calories: 160, Fat: 3.5 grams (g), Sodium: 420 milligrams (mg), Protein: 11 grams (g).



## WAYS FOR KIDS TO HELP

Getting kids involved with cooking makes them more likely to eat a variety of foods.

In this recipe, kids can help with the first four steps.

Involving them not only educates them, but also provides bonding time for the family.

Try planting a garden and having the kids help; they love to see how the food grows.

## SIMPLY GOOD EATING



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