



Spinach-cheese Quesadillas



Makes 4 servings

Ingredients

- 3 ounces spinach
- ¼ cup diced onion
- ½ cup diced tomato
- 1 ½ tablespoons freshly squeezed lemon juice
- 3 tablespoons torn fresh basil leaves
- 4 cloves garlic, minced
- 1 cup shredded four cheese blend
- ¼ cup queso fresco crumbles
- nonstick cooking spray
- 6 6-inch whole-grain tortillas

Directions

1. In a large nonstick skillet, combine first 6 ingredients. Stir. Cook for 5 to 7 minutes or until spinach has wilted. Remove from heat and stir in shredded and crumbled cheese.
2. Spray a griddle with nonstick cooking spray. Heat to medium heat.
3. Lay tortillas out on a clean surface. Scoop spinach-cheese mixture (made in step 1) on half of each tortilla and fold the other half over the filling. Place on the griddle and cook for 1 to 2 minutes on each side or until golden-brown.
4. Use a knife to cut each quesadilla in half and enjoy warm!



KID-FRIENDLY



TIP

Ask your kids to help you prepare this recipe! They can squeeze the lemons, tear the basil leaves and fold the tortillas over the filling!

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Nutrition Facts

Serving Size 3 halves (150g)
Servings Per Container 4

Amount Per Serving
Calories 260 **Calories from Fat 100**

	% Daily Value*
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 680mg	28%
Total Carbohydrate 24g	8%
Dietary Fiber 13g	52%
Sugars 2g	
Protein 14g	
Vitamin A 40%	Vitamin C 25%
Calcium 30%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	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

Recipe contains: wheat, milk
Carb choices per serving: 1