

Whole-Wheat Quesadillas

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Whole-Wheat Quesadillas	0	0.5	1	0	200
TOTAL:	0	0.5	1	0	200

Serves: 16

1 Serving = 2 pieces

Ingredients

- 4-ounce can diced green chili peppers, drained
- Half a small onion, diced
- 1/4 teaspoon ground cumin
- 8 10-inch fat-free whole-wheat tortillas
- 2 cups (16 ounces) shredded reduced-fat Monterey Jack cheese

Directions

1. In a bowl, combine peppers, onion and cumin.
2. Sprinkle each tortilla with cheese, using 1/4 cup cheese on each.
3. Divide pepper mixture among tortillas, spreading it over cheese.
4. Roll up each tortilla and put in greased 9-by-13-inch baking pan.
5. Cover pan with foil. Bake at 350°F for 10 to 15 minutes, or until cheese melts.
6. Remove foil. Turn oven to broil. Broil 4 inches from heat for 1 1/2 minutes a side, or until lightly browned.
7. Cut each tortilla into 4 pieces.
8. Serve with your favorite salsa for dipping.