

Pizza Quesadillas



2 whole-grain flour tortillas
3 Tablespoons spaghetti or pizza
sauce

1/2 cup shredded reduced-fat Italian
cheese blend
Toppings such as green pepper, onion,
mushrooms, turkey pepperoni, if desired

Instructions: Wash hands with soap and water. Preheat a nonstick skillet over medium heat. Lay one tortilla in the middle of the skillet. Using the back of a spoon, spread sauce over entire tortilla. Evenly sprinkle cheese over sauce. If desired, add toppings. Lay the other tortilla over the top. Cook for 3 minutes or until bottom of tortilla is golden brown. Using a large spatula, flip quesadilla over and cook for 1-2 minutes until cheese is melted and bottom of the second tortilla is golden brown. Cut into wedges and serve with additional pizza sauce for dipping, if desired.

Yield: 2 servings (1/2 quesadilla each)

Nutrition Facts (per serving): 230 calories, 8 grams fat, 620 milligrams sodium, 26 grams carbohydrate, 0 grams fiber, 13 grams protein