



Fruit and Cheese Quesadillas

4 Servings; 16 Sample Servings

4 Whole Wheat Tortillas
8 Tablespoons Fat Free Cream Cheese
1 Cup of Strawberries Sliced
1 Cup Apples Diced
1 Cup Bananas Sliced
Butter Flavored Cooking Spray

Directions:

- 1) Spread 2 tablespoons of cream cheese onto half of each tortilla.
- 2) Sprinkle strawberries, apple and banana on top of the cream cheese.
- 3) Fold the tortilla in half making a quesadilla.
- 4) Heat the skillet and spray with cooking spray.
- 5) Cook both sides of the quesadilla until golden brown.
- 6) Cut into thirds and enjoy.

Nutritional Information: Calories 270; carbohydrates 44g; protein 10g; fat 7g; saturated fat 1g; cholesterol 3mg; fiber 7g; sodium mg; calcium 134mg; iron 1mg; folate 35mcg; percent calories from fat 23%