

COLORFUL QUESADILLAS

Ingredients

- 8 ounces fat-free cream cheese
- 1/4 teaspoon garlic powder
- 8 flour tortillas (small)
- 1 cup red sweet pepper (chopped)
- 1 cup low-fat shredded cheese (mild cheddar or mexican)
- 2 cups fresh spinach leaves (you can substitute 9 oz. frozen spinach, thawed and 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 sweet pepper and 2 tablespoons cheese on half of each tortilla.
4. Add spinach (1/4 cup per tortilla 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 until golden brown on both sides (about 1-2 minutes per side).
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.



Learn more about **SWEET PEPPER** by scanning the QR code above or by visiting [https://extension.purdue.edu/foodlink/food.php?food=sweet pepper](https://extension.purdue.edu/foodlink/food.php?food=sweet%20pepper).



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Nutrition Information

Serving Size	4 wedges	
Nutrients	Amount	% Daily Value
Total Calories	160	
Protein	11g	
Carbohydrates	20g	7
Dietary Fiber	2g	8
Total Sugars	2g	
Total Fat	3.5g	5
Saturated Fat	1g	5
Cholesterol	5mg	2
Minerals		
Calcium		20
Sodium	420mg	18
Iron		8
Vitamins		
Vitamin A		35
Vitamin C		45