

# Colorful Quesadillas



## Ingredients:

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 small four tortillas
- 1 cup chopped sweet red pepper
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or
- 9 oz.-package frozen, thawed and squeezed dry

## Preparation:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons low-fat cheese on one-half of each tortilla.
4. Add spinach (¼ cup 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 two folded tortillas in skillet and heat for 1 to 2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into four wedges. Serve warm.

**Yields: 8 (1 quesadilla) servings**

## Nutritional Information Per Serving:

160 calories, 11 g protein, 21 g carbohydrate, 3.5 g fat, 5 mg cholesterol, 2 g fiber, 420 mg sodium

*Source: U.S. Department of Agriculture*

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.  
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