

Quick Quesadillas

Makes 12 servings

12 whole wheat tortillas
1 1/2 cup reduced-fat, Colby & Monterrey Jack shredded cheese
3 cups fresh (or jar) salsa, drained
1 1/2 cup canned, reduced sodium black beans, drained and rinsed (or sliced roast beef)
Accompaniments: Salsa, reduced-fat sour cream

Preheat oven to 400°F. Line 2 baking sheets with aluminum foil, and place 6 tortillas on baking sheets. Sprinkle 2 Tbsp cheese over each tortilla. Evenly distribute drained salsa and black beans (or sliced roast beef) over cheese. Sprinkle 2 Tbsp cheese over the beans and salsa. Place one tortilla over each prepared tortilla, pressing gently.

Heat quesadillas in preheated oven for 5 minutes, or until cheese melts and tortillas start to become golden. Let cool slightly, and then cut (using a pizza cutter) each quesadilla into 6 wedges.

Nutrition Facts (per serving, 3 wedges): 210 calories, 6 g fat (2 g saturated fat), 350 mg sodium, 4 g dietary fiber, 9 g protein. 15% Vitamin C, 10% Iron, 20% Calcium.

Quick Quesadilla

Makes 1 serving

1 whole wheat tortilla
2 Tbsp reduced-fat, Colby & Monterrey Jack shredded cheese
1/2 cup fresh (or jar) salsa, drained
1/4 cup canned, reduced sodium black beans, drained and rinsed (or sliced roast beef)
Accompaniments: Salsa, reduced-fat sour cream

Preheat toaster oven to 425°F. Line baking sheet with aluminum foil, and place tortilla on baking sheet. Sprinkle 1 Tbsp cheese over one half of the tortilla. Evenly distribute drained salsa and black beans (or sliced roast beef) over cheese. Sprinkle rest of cheese over the beans and salsa. Fold the tortilla over and press gently to close.

Heat quesadilla in preheated toaster oven for 5 minutes, or until cheese melts and tortilla starts to become golden. Let cool slightly, and then cut (using a pizza cutter) into 3 wedges.



The University of Georgia

Food Services