

Spinach and Feta Quesadillas

Recipe of the Month July - 2014



Add something cheesy to your family's favorite Mexican flavors! These quesadillas made with frozen spinach and flour tortillas make wonderful appetizers or a mini meal that's ready in minutes.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 32 appetizers

INGREDIENTS

- 1 container (8 oz.) fat-free cream cheese spread
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 8 whole-wheat flour tortillas (8 inch)
- 1 box (9 oz.) frozen chopped spinach, cooked, squeezed to drain
- 1 medium red bell pepper, finely chopped (1 cup)
- 3/4 cup crumbled feta cheese (3 oz.)

DIRECTIONS

1. In small bowl, mix cream cheese spread, garlic powder and pepper; blend well. Spread 2 tablespoons cream cheese mixture on each tortilla. Sprinkle about 2 tablespoons each of spinach, bell pepper and cheese on half of each tortilla; fold tortillas in half.
2. Heat 10-inch nonstick skillet over medium heat until hot. Place 2 folded tortillas in skillet; cook 1 to 2 minutes on each side or until golden brown.
3. Remove quesadillas from skillet; place on platter. Cover with foil to keep warm. Repeat with remaining folded tortillas. Cut each quesadilla into 4 wedges. Serve warm.

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Wedge	Calories:	40	Calories from Fat:	10
Total Fat:	1 g	Saturated Fat:	1/2 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	130 mg	Total Carbohydrate:	6 g
Dietary Fiber:	1 g	Sugars:	0 g	Protein:	2 g



This recipe is adapted from WWW.eatbetterearly.com