

# Creamy Apple-Cinnamon Quesadilla

## Snack of the Month May - 2015



This great-tasting little quesadilla is a perfect recipe to have the kids help with because it's so easy. The more kids help in the kitchen, the more they learn to make the best food choices.

**Prep Time:** 15 Min

**Start to Finish:** 15 Min

**Makes:** 4 servings (2 wedges each)

### INGREDIENTS

1 tablespoon granulated sugar	1/4 teaspoon ground cinnamon
1/4 teaspoon ground cinnamon	2 whole wheat tortillas (8 inch)
1/4 cup reduced-fat cream cheese (from 8-oz container)	1/2 small apple, cut into 1/4-inch slices (1/2 cup)
1 tablespoon packed brown sugar	Cooking spray

### DIRECTIONS

1. In small bowl, mix granulated sugar and 1/4 teaspoon cinnamon; set aside. In another small bowl, mix cream cheese, brown sugar and 1/4 teaspoon cinnamon with spoon.
2. Spread cream cheese mixture over tortillas. Place apple slices on cream cheese mixture on 1 tortilla. Top with remaining tortilla, cheese side down. Spray both sides of quesadilla with cooking spray; sprinkle with cinnamon-sugar mixture.
3. Heat 10-inch nonstick skillet over medium heat. Add quesadilla; cook 2 to 3 minutes or until bottom is brown and crisp. Turn quesadilla; cook 2 to 3 minutes longer or until bottom is brown and crisp.
4. Remove quesadilla from skillet to cutting board; let stand 2 to 3 minutes. Cut into 8 wedges to serve.



**Recipe Provides:** Grains 1oz-equivalents

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b> 2 Wedges	<b>Total Fat:</b> 2 ½ g	<b>Saturated Fat:</b> 1 ½ g
<b>Calories:</b> 110	<b>Calories from Fat:</b> 25	<b>Carbohydrates:</b> 18 g
<b>Cholesterol:</b> 10 mg	<b>Dietary Fiber:</b> 2 g	<b>Sodium:</b> 180 mg
<b>Sugars:</b> 9 g	<b>Protein:</b> 3 g	



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)

