

## Spinach Quesadillas

### Ingredients:

4 ounces lowfat cream cheese  
 10 ounces spinach, frozen  
 1/4 teaspoon garlic powder  
 1/2 green bell peppers  
 4 ounces cheddar cheese, lowfat  
 8 medium tortillas, whole wheat  
 96% fat free flour

### Equipment:

Non stick skillet  
 Spatula  
 Mixing bowl  
 Cutting board  
 Knife  
 Grater  
 Measuring cups  
 Measuring spoons

Number of Servings: 6  
 Prep Time: 10 minutes  
 Total time: 20 minutes

### Directions

1. Take cream cheese out of refrigerator to soften, about 15 minutes.
2. Thaw spinach in microwave for four minutes, take out of microwave, and squeeze to make water drain out of thawed spinach. Add to bowl. Mix ingredients well.
3. Wash a green pepper and cut it in half lengthwise. Save half for other uses. Break off stem area, seeds and white membranes and throw away. Cut pepper into slices then dice. Add to bowl.
4. Use a grater and shred cheese into small pieces. Add to bowl.
5. Add the softened cream cheese and garlic powder to bowl. Mix all ingredients well.
6. Thinly spread 1/8 of spinach mixture on a tortilla and fold in half
7. Heat a large skillet over medium heat until hot. Put quesadillas in skillet and heat for 1-2 minutes on each side or until golden brown.
8. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
9. Cut each quesadilla into 4 wedges. Serve warm.

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### Nutrition Facts

Serving Size: 1 tortilla & 1/2 cup toppings  
 Servings: 8

Amount Per Serving		Calories from Fat 54	
Calories 208		%Daily Value*	
<b>Total Fat</b> 6g			9%
Saturated Fat 3g			14%
<b>Cholesterol</b> 11mg			4%
<b>Sodium</b> 592mg			25%
<b>Potassium</b> 162mg			5%
<b>Total Carbohydrate</b> 29g			10%
Dietary Fiber 3g			13%
<b>Protein</b> 10g			20%
Vitamin A 59%	Vitamin C 25%		
Iron 12%	Calcium 13%		

\*Percent Daily Values are based on a 2,000 calorie diet.

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