APPLE QUESADILLA

SERVES 1

INGREDIENTS

1/4 cup applesauce
1 8-inch flour tortilla
1 tablespoon light cream cheese
1 pinch ground cinnamon
Nonstick cooking spray

DIRECTIONS

1. Spread one side of tortilla evenly with cream cheese.
2. Spread applesauce evenly over cream cheese and sprinkle on cinnamon. Fold tortilla in half.
3. Spray sauté pan with nonstick spray and heat over medium heat.
4. Place folded tortilla in pan. Cook 1 to 2 minutes on each side, until lightly browned. Remove to serving plate. Allow to cool slightly before cutting.

NUTRITION INFORMATION:

Calories: 220
Fat: 6 grams (g)
Cholesterol: 10 milligrams (mg)
Carbohydrates: 35 grams (g)
Dietary Fiber: 2 grams (g)
Protein: 6 grams (g)
Sodium: 310 milligrams (mg)

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE AT www.extension.umn.edu/nutrition (Revised 8/2014)