FRUIT QUESADILLA

SERVES 1

INGREDIENTS

¼ cup apple sauce
½ cup sliced fruit
1 teaspoon brown sugar
1 eight-inch flour tortilla
1 tablespoon light cream cheese
Pinch of cinnamon
Non stick cooking spray

DIRECTIONS

1. Spread one side of tortilla with cream cheese.
2. Arrange sliced fruit over cream cheese and then spread with apple sauce.
3. Sprinkle brown sugar over fruit and fold tortilla in half.
4. Spray skillet of pan with non stick spray cook until lightly browned over medium heat.

NUTRITIONAL INFO:

Visit the website for more recipes: www.extension.umn.edu/nutrition

PLAY WITH YOUR FOOD!

PEOPLE EAT WITH THEIR EYES. Have fun playing with different colors and textures. Just about any fruit will work. The possibilities of what you can warm in a tortilla are nearly endless.