TURKEY QUESADILLA

SERVES 8

Preparation time: 15 minutes

INGREDIENTS

1 lb ground turkey
¼ cup Parmesan cheese
2 cups chopped vegetables
(tomatoes, green beans, peas, carrots, peppers, zucchini, etc.)
8 tortillas

DIRECTIONS

1. Wash hands.
2. In a skillet, cook ground turkey until completely cooked. Drain and rinse
3. Add cheese and vegetables.
4. Place ¼ cup of turkey mixture on a tortilla. Fold over or roll.
5. Heat and lightly brown in skillet or in the oven.

Simply Good Eating

Make half your plate vegetables! You can stretch food dollars and eat healthier by adding your favorite vegetable to your recipes. Experiment with new foods and have fun!

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