



Pizza Quesadilla

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Prep Time: 10-15 min.

Cook Time: 5-10 min.

Yields: 5 servings

INGREDIENTS:

2 tbsp	Olive oil
10 (8- inch)	Whole-wheat flour tortilla
16 oz	Pizza sauce
2 cups	Shredded low-fat cheese
2 cups	Spinach, rough chopped
2 cups	Various veggies, small diced

DIRECTIONS

1. In a skillet over medium heat, heat 2 tbsp. oil.
2. Lightly sauté fresh veggies, EXCEPT spinach and set aside.
3. Place tortilla on a plate and spread pizza sauce over it.
4. Add an even layer of fresh spinach, then a layer of low-fat cheese.
5. Top with various veggies. Cover with another WHOLE-wheat tortilla.
6. Place the assembled quesadilla on heated skillet until cheese starts melting, 2-3 minutes. Then flip over to heat other side.
7. Serve warmed or at room temperature.

Healthy Tip!

The U.S. Department of Agriculture recommends that at least half of your grain servings consist of **WHOLE** grains.



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