

SPINACH TOMATO QUESADILLA

COURSE: LUNCH, MAIN COURSE CUISINE: MEXICAN, VEGETARIAN TIME: MAX 20 MIN
CALORIES: 150 - 450 KCAL DIET: EGG-FREE PREP TIME: 5 MINUTES COOK TIME: 10 MINUTES
TOTAL TIME: 15 MINUTES SERVINGS: 4 (TWO QUESADILLAS ARE ONE SERVING) CALORIES: 477KCAL

INGREDIENTS

- 8 whole wheat tortillas (about 6-8 inches in diameter)
- 8 tsp pesto
- 2 oz cheddar cheese (sliced)
- 4 large tomato (sliced)
- 3 cups spinach
- 2 ball low fat mozzarella (4.5oz)

INSTRUCTIONS

1. Grab a **tortilla** and spread a layer of **pesto**. You can make your own too.
8 whole wheat tortillas, 8 tsp pesto
2. Add a light layer of **cheese slices** (mixing the **cheddar** and **mozzarella** together).
2 oz cheddar cheese, 2 ball low fat mozzarella
3. Add the **tomato in slices**, **spinach**, and top it with another layer of cheese.
4 large tomato, 3 cups spinach
4. Fold the second half of the tortilla on top and place in a pan.
5. Heat on medium for about 4 minutes. If you want, place a pot on top of the quesadilla so that it flattens nicely.
6. Flip and heat for another 4 minutes until the cheese has melted.
7. Munch.

NUTRITION

Calories: 477kcal | Carbohydrates: 40g | Protein: 26g | Fat: 24g | Saturated Fat: 11g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Cholesterol: 55mg | Sodium: 1042mg | Potassium: 695mg | Fiber: 5g | Sugar: 8g | Vitamin A: 4270IU | Vitamin C: 31mg | Calcium: 733mg | Iron: 4mg