Spinach Quesadilla
Makes 8 servings

Ingredients:
1 cup thawed and drained frozen chopped spinach
1/4 cup thinly sliced green onions
1 minced garlic clove
2 teaspoons olive oil
8 whole wheat flour tortillas (slightly warmed)
1/2 cup shredded cheddar cheese, or any type of cheese

Directions:
1. In medium skillet, cook spinach, onion and garlic in olive oil just until the vegetables are soft.
2. Lay 4 flour tortillas onto cooking sheets.
3. Spoon spinach mixture equally on tortillas.
4. Spread cheddar cheese evenly over spinach, and top each with another tortilla.
5. Warm quesadillas for about 30 seconds in the microwave or in an oven until the cheese melts. Cut each into 6 pie-shaped wedges and serve.

Source: Tompkins County Cornell Cooperative Extension

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Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Calories</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>3 wedges (80g)</td>
<td>170</td>
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</table>

- Total Fat 3.5g 4%
- Saturated Fat 1g 5%
- Trans Fat 0g
- Cholesterol 0mg 0%
- Sodium 420mg 18%
- Total Carbohydrate 26g 9%
- Dietary Fiber 1g 4%
- Total Sugars 3g
- Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%
Calcium 58mg 4%
Iron 0mg 0%
Potassium 82mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

19% calories from fat

shredded low fat cheddar cheese

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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