



## APPLE CHEDDAR QUESADILLAS

1 SERVING • 1 serving = 1 quesadilla

### INGREDIENTS

- 1 - 10" whole wheat tortillas
- 1 ounce grated cheddar cheese, about ¼ cup
- ½ apple, thinly sliced
- 2 tablespoons grated carrot
- 1 tablespoon chopped walnuts
- ½ tablespoon dried cranberries

### DIRECTIONS

1. Heat a skillet over medium heat.
2. Heat tortillas on the skillet. Add half of the grated cheese on one side of the tortilla. Top with apple slices, grated carrot, walnuts and dried cranberries. Top with the rest of the cheese. Fold the over the tortilla.
3. Allow the quesadilla to heat on one side until lightly browned and cheese begins to melt. Flip and continue to cook until browned and all the cheese is melted.

NUTRITION FACTS Serving Size = 1 quesadilla; Servings Per Container = 1; Calories 310; Calories From Fat 140; Total Fat 15g (23%); Saturated Fat 6g (30%); Trans Fat 0g; Cholesterol 30mg (10%); Sodium 460mg (19%); Total Carbohydrate 35g (12%); Dietary Fiber 6g (24%); Sugars 11g; Protein 12g

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