



Pumpkin Apple Quesadilla

1 Serving • 1 Serving = 1 Quesadilla

INGREDIENTS

- 1 -10" whole wheat tortilla
- ¼ cup cheddar cheese, grated
- ½ apple, thinly sliced
- 1 Tablespoon walnuts, chopped
- ½ Tablespoon dried cranberries
- 2 Tablespoons unsweetened pumpkin puree

DIRECTIONS

1. Heat a skillet over medium heat. Heat the tortilla and remove from heat.
2. Add half of the cheese on one side of the tortilla. Top with apple slices, walnuts, and cranberries.
3. Spread the pumpkin puree on the other side of the tortilla. Top with the remaining cheese. Fold over the tortilla and place on the skillet.
4. Allow 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

1 servings per container	
Serving size	1 quesadilla
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 510mg	22%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 222mg	15%
Iron 1mg	6%
Potassium 133mg	2%
<small>*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.</small>	

Recipe developed by the San Antonio Botanical Garden

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