

SPINACH QUESADILLA



INGREDIENTS

- 4 cups of baby spinach
- 4 green onions, chopped
- 1 cup of cherry tomatoes, chopped
- 1/2 cup of reduced-fat cheese
- 4 small flour tortillas

INSTRUCTIONS

1. Chop green onions into small pieces
2. Repeat with the cherry tomatoes
3. Wash your spinach thoroughly
4. Cook your vegetables for about 2 to 3 minutes.
5. Season to taste (salt and pepper)
6. Add in the cheese and mix together
7. Place mixture onto half of the tortilla
8. Fold the tortilla and cook until golden brown
9. Enjoy!



NUTRITION FACTS

Serving Size: 1

Number of Servings: 2

Calories	280
Total fat	6 g
Saturated fat	2 g
Cholesterol	4 mg
Sodium	684 mg
Total carbohydrates	46.1 g
Dietary fiber	5.2 g
Sugar	5.3 g
Protein	11.1 g
Vitamin D	0 mcg
Calcium	153 mg
Iron	2 mg
Potassium	631 mg

