



Green Chile and Cheddar Quesadillas



Start to finish time: 10 minutes

Number of servings: 1

Nutrition Facts

Serving size 1 quesadilla

Amount per serving
Calories **413**

% Daily Value*

Total Fat 18g	23 %
Saturated Fat 9.7g	48 %
Trans Fat 0g	
Cholesterol 28mg	9 %
Sodium 980mg	43 %
Total Carbohydrate 46g	17 %
Dietary Fiber 8.9g	32 %
Total Sugars 4.4g	
Includes 0g Added Sugar	0 %
Protein 15g	
Vitamin D 0.2mcg	1 %
Calcium 421mg	32 %
Iron 3.2mg	18 %
Potassium 262mg	6 %

* The % Daily Value (DV) 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.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- ½ tablespoon fresh cilantro (chopped)
- 2 medium whole wheat tortillas
- ¼ cup canned or fresh green chiles (chopped)
- ¼ cup sharp cheddar (shredded)

Optional Additions:

- Peppers, Onions, Cooked chicken, Black beans, Corn

DIRECTIONS:

1. Gather and prepare ingredients.
2. Heat a large nonstick pan over medium heat. Place just one tortilla in the pan and sprinkle with green chiles.
3. If using additional ingredients, add them over the chiles.
4. Sprinkle the cilantro and cheese over the toppings.
5. Place another tortilla on top to form a quesadilla.
6. Heat until each side is brown.



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Heat a large nonstick pan over medium heat. Place just one tortilla in the pan and sprinkle with green chiles.



Step 3

If using additional ingredients, add them over the chiles.



Step 4

Sprinkle the cilantro and cheese over the toppings.



Step 5

Place another tortilla on top to form a quesadilla.



Step 6

Heat until each side is brown, cut into triangles, and enjoy!.

SUBSTITUTIONS:

- Anything can be added to this quesadilla, use leftover vegetables, canned beans, or chicken!

MSU EXTENSION NOTES:

- Serve with salsa, Greek yogurt, guacamole, or low-fat sour cream
- The Nutrition Label does not include optional additions.

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