

Healthy Quesadillas

Ingredients

- 1 whole wheat tortilla
- 1/4 cup shredded chicken or black beans
- 1/4 cup shredded cheese (mozzarella or cheddar)
- 1/4 cup chopped spinach or bell pepper
- Olive oil spray

Instructions

1. Heat a pan and spray lightly with olive oil.
2. Place tortilla, fill half with cheese, chicken/beans, and veggies.

3. Fold and cook both sides until golden and cheese melts.

Health Benefits

- Balanced with protein, fiber, and veggies.
- Easy to hide greens for picky eaters.