



Cheesy Quesadillas

Ingredients:

- four 6-8-inch whole wheat tortillas
- 2/3 cup low-fat, shredded Colby, Monterey Jack, or Cheddar cheese
- 1/4 cup fat-free refried beans (optional)
- salsa (optional)

Directions:

1. If using refried beans, spread half of the 1/4 cup on one tortilla with a table knife. Place the tortilla, bean side up, in a skillet at medium heat. Sprinkle half of the cheese over the tortilla. Top with 1 plain tortilla.
2. Cook over medium heat about 3 minutes or until cheese begins to melt. Flip to the other side to help melt the cheese.
3. Repeat with the remaining tortillas, refried beans, and cheese.
4. Cut each quesadilla into 6 triangles. Serve with salsa, if you like.