



Turkey Cranberry Quesadilla

Ingredients

- 1 8-inch **whole-wheat tortilla**
- 2 Tablespoons shredded **mozzarella cheese**
- 2 Tablespoons **cranberry sauce** or dried cranberries
- 2 Tablespoons chopped or shredded **cooked turkey**
- ½ cup **spinach**

Directions

1. Wash hands with soap and water.
2. Lightly grease and preheat a medium skillet over medium heat (300 degrees F in an electric skillet). Lay a tortilla flat on the skillet.
3. Sprinkle cheese evenly over one half of the tortilla. Add cranberry sauce, turkey and spinach. Fold empty half of tortilla over filling.
4. Cover and cook on each side for 2 to 3 minutes, or until outside is golden brown and inside is heated through.
5. Refrigerate leftovers within 2 hours.

Notes

- Substitute beans, tofu, or other cooked meat for the turkey.
- For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.



Prep time: 5 minutes
Cook time: 5 minutes
Makes: 1 quesadilla
Nutrition Facts: [View Label](#)