



## Apple and Cheddar Whole Wheat Quesadillas

Serves 6

1 1/2 cups shredded sharp cheddar cheese

6 (6-in.) whole wheat tortillas

2 medium apples, thinly sliced

Sprinkle 2 tablespoons cheese over one half of each tortilla. Place apple slices on top of cheese then sprinkle 2 more tablespoons cheese over apples. Fold each tortilla in half. Spray a skillet with cooking spray and heat over medium high heat. Arrange quesadillas in the skillet and cook, gently flipping once, until cheese is melted and tortillas are golden brown on both sides, 2 to 3 minutes per side. Repeat process with remaining quesadillas; serve warm.

Per serving: 220 calories, 4.5 g fat, 12 g protein, 31 g carbohydrate, 4 g fiber, 390 mg sodium