

Ingredients:

Yummy for my Tummy Quesadilla

Cooking spray

4 teaspoons natural creamy peanut butter*, divided

2 whole grain tortillas

1 large ripe banana, sliced 2 strawberries, sliced

¼ teaspoon cinnamon (optional)

* Food Allergy Alert - you can use cream cheese instead of peanut butter in this recipe.

Directions:

1. Wash hands with soap and warm water.
2. Spread 2 teaspoons of peanut butter evenly over each tortilla.
3. Arrange half of banana and strawberry slices over one ½ side of the tortillas. Sprinkle with cinnamon and fold in half, pressing gently.
4. Coat large frying pan with cooking spray. Heat to medium-high.
5. Cook one quesadilla at a time until each side is golden brown, about 2 minutes per side.
6. Cut each quesadilla in half and serve.

Nutrition Facts (Per Serving)

Calories, 190; Carbohydrate, 30 g; Protein, 5 g; Total Fat, 7 g; Saturated Fat, 1.5 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 4 g; Total Sugars, 11 g; Sodium, 50 mg; Calcium, 47 mg; Folate, 16 mcg; Iron, 1 mg; Calories from fat, 33%.

Makes 2 servings - Recipe Courtesy of Team 4 Nutrition



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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