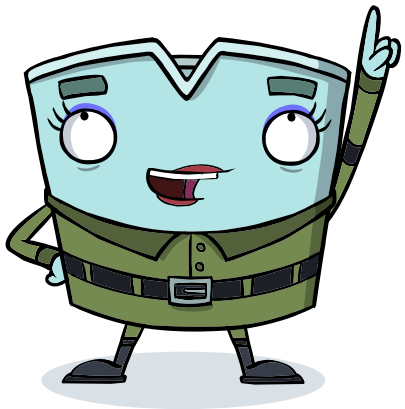
## SHOPPING LIST

### Cheesy Quesadilla

- ◯ Monterey Jack Cheese
- ◯ Whole Grain Flour Tortillas
- ◯ Tomato Salsa

First, check off the items you already have at home.



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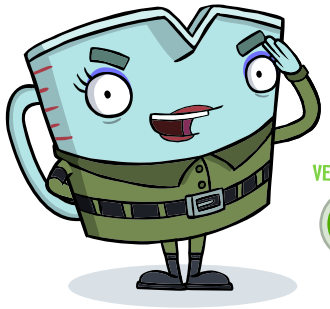
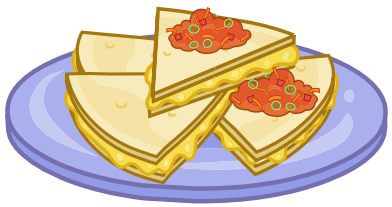
# Cheesy Quesadilla

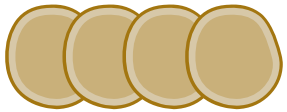




| VEGETARIAN | TIME | DIFFICULTY | SERVES |
|---|---|---|---|
| V | | E | 4 |
| YES | Under 30 min. | Easy | |

## YOU WILL NEED

**1 ½ cups** shredded Monterey Jack cheese

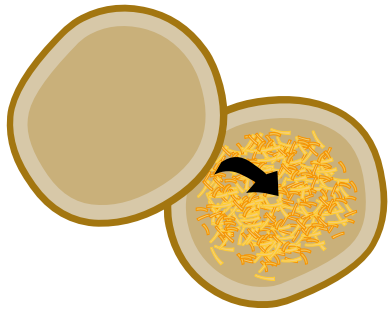


**4** (8-inch) whole grain flour tortillas

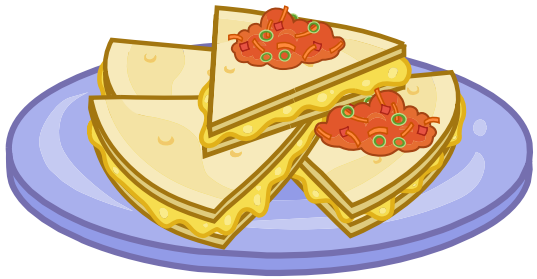
**½ cup** tomato salsa

## DIRECTIONS

**ATTENTION KIDS: Always cook with a grownup!**



**STEP 1:** Divide the cheese between two tortillas, and top with the two remaining tortillas. Microwave until the cheese has melted, about 45 seconds. Set aside for 2 minutes to cool slightly, then cut each into 4 pieces and serve with the salsa.





## Nutrition Facts

Serving Size 1 Serving (120g)
Servings Per Container

| Amount Per Serving | |
|---|---|
| **Calories** 310 | Calories from Fat 150 |
| | % Daily Value* |
| **Total Fat** 17g | **26%** |
| Saturated Fat 7g | **35%** |
| Trans Fat 0g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 660mg | **28%** |
| **Total Carbohydrate** 26g | **9%** |
| Dietary Fiber 2g | **8%** |
| Sugars 2g | |
| **Protein** 15g | |
| Vitamin A 8% • Vitamin C 6% | |
| Calcium 30% • Iron 6% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4