Apple Cheddar Quesadilla

1 Serving • 1 Serving = 1 Quesadilla

INGREDIENTS

• 1 - 10" whole wheat tortilla
• 1 ounce grated cheddar cheese, about ¼ cup
• ½ apple, thinly sliced
• 2 Tablespoons grated carrot
• 1 Tablespoon chopped walnuts
• ½ Tablespoon dried cranberries

DIRECTIONS

1. Heat a skillet over medium heat.
2. Heat tortilla on the skillet. Add half of the grated cheese on one side of the tortilla. Top with apple slices, grated carrot, walnuts and dried cranberries. Top with the rest of the cheese. Fold the tortilla.
3. Allow the quesadilla to heat on one side until lightly browned and cheese begins to melt. Flip and continue to cook until browned and all the cheese is melted.

Nutrition Facts

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<th>Serving size</th>
<th>1 quesadilla</th>
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- Calories: 330
- % Daily Value:
  - Total Fat: 17g (22%)
  - Saturated Fat: 7g (35%)
  - Trans Fat: 0g
  - Cholesterol: 30mg (10%)
  - Sodium: 460mg (20%)
  - Total Carbohydrate: 35g (13%)
  - Dietary Fiber: 3g (11%)
  - Total Sugars: 11g
  - Includes 0g Added Sugars (0%)
  - Protein: 12g

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.