

Fajita-Style Quesadillas

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Servings: 4

*1/2 medium red or green sweet pepper, seeded and cut into bite-sized strips
1/2 medium onion, halved and thinly sliced
1 fresh serrano pepper, halved, seeded and cut into thin strips
2 teaspoons vegetable oil
4 six-inch white corn tortillas
nonstick cooking spray
1/2 cup (2 ounces) Monterey Jack cheese, shredded
2 thin slices tomato, halved crosswise
1 tablespoon snipped fresh cilantro (optional)
light sour cream (optional)
cilantro (optional)
lime wedges (optional)*

In an extra-large skillet, cook the sweet pepper, onion and serrano pepper in hot oil over medium-high heat for 3 to 5 minutes or just until the vegetables are tender. Remove from the heat.

Lightly coat one side of each tortilla with cooking spray. Divide half the shredded cheese between two tortillas, coated sides of the tortillas down. Top each with half the sweet pepper mixture, tomato slices, cilantro, remaining cheese and remaining tortillas, coated sides up.

Cook the quesadillas in the same skillet over medium heat for 4 to 5 minutes per side, until the cheese is melted and the tortillas are lightly browned.

Cut each quesadilla into quarters. If desired, sprinkle with cilantro and serve with sour cream and lime wedges.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 91 Calories; 7g Fat (64.8% calories from fat); 4g Protein; 4g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 82mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 Fat.

Mexican, Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	17.6%	Thiamin B1 (mg):	trace

% Calories from Protein:	17.6%
Total Fat (g):	7g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	4g
Sodium (mg):	82mg
Potassium (mg):	170mg
Calcium (mg):	111mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	517IU
Vitamin A (r.e.):	78 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	91	Calories from Fat: 59
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% Daily Values*

Total Fat	7g	10%
Saturated Fat	3g	15%
Cholesterol	13mg	4%
Sodium	82mg	3%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Protein	4g	

Vitamin A	10%
Vitamin C	21%
Calcium	11%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.