



Turkey Cranberry Quesadilla

Total Time: 10 minutes

Number of Servings: 1

INGREDIENTS

- 1 8-Inch Whole Wheat Tortilla
- 2 Tbsp Shredded Mozzarella Cheese
- 2 Tbsp Cranberry Sauce or Dried Cranberries
- 2 Tbsp Cooked Turkey, Chopped or Shredded
- 1/3 Cup Spinach
- 1 Tbsp Olive Oil

DIRECTIONS

1. Brown turkey in pan with olive oil until cooked thoroughly.
2. Sprinkle shredded cheese evenly over half of the tortilla. Add cranberry sauce or dried cranberries, turkey, and spinach, then fold the tortilla in half over the filling.
3. Heat a medium skillet over medium heat. Lightly spray with cooking spray then place tortilla in the skillet. Cover and cook for 2-3 minutes on each side, or until the outside is golden brown and contents are heated through.
4. Refrigerate leftovers within 2 hours.

Please take some time to take the pre-survey before Friday's cooking demonstration.

Pre-survey: <https://www.surveymonkey.com/r/9TTHTHJ>

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