



PEAR QUESADILLA



10 minutes



4 servings

INGREDIENTS

- 4 medium whole wheat tortillas
- 1 cup grated cheese (try cheddar, jack, or pepper jack)
- 1 cup pear slices
- 1/2 cup finely chopped green or red pepper
- 2 tablespoons minced onion (green, red, or yellow)

DIRECTIONS

1. Lay two tortillas on a clean cutting board or on two plates.
2. Place 1/4 of the cheese on each tortilla.
3. Divide pears, peppers, and onion between the two tortillas.
4. Divide the remaining cheese between the two tortillas. Top with remaining two tortillas.
5. Heat a skillet or griddle to medium (300 degrees in an electric skillet). Place one quesadilla in pan. Cook for 2-4 minutes, or until the bottom of the quesadilla begins to look a little brown.
6. With a large spatula, gently turn quesadilla over and cook the other side until a little brown, 2-4 minutes.
7. Gently slide quesadilla onto plate. Cook the second quesadilla.
8. Cut each cooked quesadilla into 4 pieces and serve.
9. Refrigerate leftovers within 2 hours.

Recipe source: www.foodhero.org



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