

THIS WEEK'S RECIPE

As seen on hdnews.net



Mushroom Quesadilla

Serves 6; 2 wedges per serving

- Vegetable oil spray
- 8 ounces sliced fresh mushrooms
- 1/2 medium onion, thinly sliced and separated into rings
- 1 teaspoon minced garlic
- 3 tablespoons chopped fresh cilantro
- 3 8-inch whole-wheat flour tortillas
- 6 tablespoons shredded low-fat Monterey Jack cheese or low-fat cheddar cheese
- Salsa (optional)

- Spray a large skillet with vegetable oil. Cook mushrooms, onion and garlic in skillet over medium heat until onion is tender, about 5 to 7 minutes. Stir in cilantro and remove from heat.
- Arrange one-third of the mushroom mixture on half of one tortilla.
- Sprinkle with 2 tablespoons of the cheese. Fold the other half of the tortilla over cheese. Repeat with remaining ingredients to make 3 quesadillas.
- Bake, microwave or heat in skillet until hot and cheese melts.



Nutrition Facts

Serving Size (83g)
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Cholesterol 5mg	2%
Sodium 135mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 5g	
Vitamin A 6% • Vitamin C 8%	
Calcium 9% • 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
Does not include salsa or fat free sour cream



Cooking With Carla is proudly sponsored by:

