



## KIDS RECIPE : CHEESY QUESADILLAS

### Ingredients

- 4 flour tortillas (8 inches), warmed
- 1-1/2 cups shredded Mexican cheese blend
- 1/2 cup salsa

### Directions

- Place the tortillas on a greased baking sheet. Combine the cheese and salsa; spread over half of each tortilla. Fold over.
- Broil 4 in. from the heat for 3 minutes on each side or until golden brown.
- Cut into wedges.

### Nutrition Facts

1/2 cup: 266 calories, 14g fat (5g saturated fat), 4mg cholesterol, 159mg sodium, 33g carbohydrate (23g sugars, 3g fiber), 6g protein.



Recipe from  
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