

SPINACH TOMATO QUESADILLA

COURSE: LUNCH, MAIN COURSE CUISINE: MEXICAN, VEGETARIAN
TIME: MAX 20 MIN CALORIES: 150 - 450 KCAL DIET: EGG-FREE
PREP TIME: 5 MINUTES COOK TIME: 10 MINUTES
TOTAL TIME: 15 MINUTES SERVINGS: 2 QUESADILLAS
CALORIES: 458KCAL



INGREDIENTS

- 1 large tomato (sliced)
- 1 ½ cups spinach
- 1 tbsp pesto (make sure it's the vegetarian kind)
- 1 oz cheddar cheese (sliced)
- 1 ball low fat mozzarella (1 ball = 125g/4.5oz)
- 2 wholegrain tortillas (small)

INSTRUCTIONS

1. Grab a **tortilla** and spread a layer of **pesto** over half of it. You can make your own too.
2. Add a light layer of **cheese slices** (mixing the **cheddar** and **mozzarella** together).
3. Add the **tomato in slices**, **spinach**, and top it with another layer of cheese.
4. Fold the second half of the tortilla on top and place in a pan.
5. Heat on medium for about 4 minutes. If you want, place a pot on top of the quesadilla so that it flattens nicely.
6. Flip and heat for another 4 minutes until the cheese has melted.
7. Munch.

NUTRITION

Calories: 458kcal | Carbohydrates: 30g | Protein: 28g | Fat: 26g | Saturated Fat: 13g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 69mg | Sodium: 951mg | Potassium: 416mg | Fiber: 5g | Sugar: 6g | Vitamin A: 3604IU | Vitamin C: 19mg | Calcium: 814mg | Iron: 2mg