

APPLE ARUGULA QUESADILLA

Serves 6

INGREDIENTS

- 1 tablespoon Dijon mustard
- 2 teaspoons apple cider (sub juice or vinegar if needed)
- Cooking Spray
- 3 (10-inch) whole wheat flour tortillas
- 6 ounces low-fat mozzarella cheese
- 1 apple, cored and cut into 1/4 inch-thick slices
- 3 cups arugula
- 3/4 teaspoons ground black pepper



DIRECTIONS

1. Combine mustard and apple cider in a small bowl. Stir.
2. Spray a nonstick skillet with cooking spray and set at medium heat. Place tortilla in skillet.
3. Spread about 1 1/2 teaspoons mustard mixture onto whole tortilla and add cheese over half the tortilla.
4. Cook until cheese begins to melt.
5. Add apple slices and 1/4 teaspoon ground pepper to cheese. Top with 1 cup arugula.
6. Fold tortilla in half and press with spatula. Cook until golden brown on each side.
7. Repeat steps 1-5 two more times with remaining ingredients.
8. Cut each quesadilla into 4 wedges.

NUTRITION INFORMATION PER SERVING (serving size 2 wedges)

Calories: 236, Total Fat: 8.6 g, Saturated Fat: 3.7 g, Unsaturated Fat: 4.9 g, Cholesterol: 15 mg, Sodium: 378 mg, Carbohydrate 29 g, Fiber: 3g, Sugar: 8g, Protein: 11g

Adapted from Cooking Light
