

# Pizza Quesadilla

## Ingredients:

- 1 cup marinara sauce
- 4 whole-wheat, low-carb tortillas (8–10 inches)
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup chopped bell pepper
- 1/4 cup shredded Parmesan cheese
- 1/2 teaspoon dried oregano
- Fresh basil to taste

## Directions

1. In a small saucepan, cook marinara sauce over medium-low heat for 3–4 minutes or until heated through.
2. Top two tortillas with half the mozzarella cheese; top with bell pepper, parmesan cheese, oregano, and basil. Add remaining mozzarella on top of bell pepper and other toppings. Top with remaining tortillas.
3. Spray a griddle with cooking spray. Cook quesadillas on a griddle over medium heat for 2–3 minutes on each side or until cheese is melted. Cut into wedges; serve with warmed marinara sauce.

## Nutrition Facts

Serving Size 1/2 Quesadilla, 1/4 cup sauce (167g)  
Servings Per Container 4

Amount Per Serving

Calories 270    Calories from Fat 100

% Daily Value\*

Total Fat 11g    17%

Saturated Fat 5g    25%

Trans Fat 0g

Cholesterol 25mg    8%

Sodium 600mg    25%

Total Carbohydrate 30g    10%

Dietary Fiber 16g    64%

Sugars 6g

Protein 15g

Vitamin A 30%    • Vitamin C 35%

Calcium 30%    • Iron 4%

\*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

