



# Turkey Cranberry Quesadilla



## Ingredients



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- 1 8-inch whole wheat tortilla
  - 2 Tbsp shredded mozzarella cheese
  - 2 Tbsp cranberry sauce or dried
  - cranberries
  - 2 Tbsp cooked turkey, chopped or shredded
  - 1/3 cup spinach
- Yield: 1 quesadilla  
Serving Size: 1 quesadilla



## Directions



1. Sprinkle shredded cheese evenly over one half of the tortilla. Add cranberry sauce or dried cranberries, turkey, and spinach, then fold the tortilla in half over the filling.
2. Heat a medium skillet over medium heat. Lightly spray with cooking spray, then place tortilla in the skillet. Cover and cook for 2 to 3 minutes on each side, or until the outside is golden brown and contents are heated through.
3. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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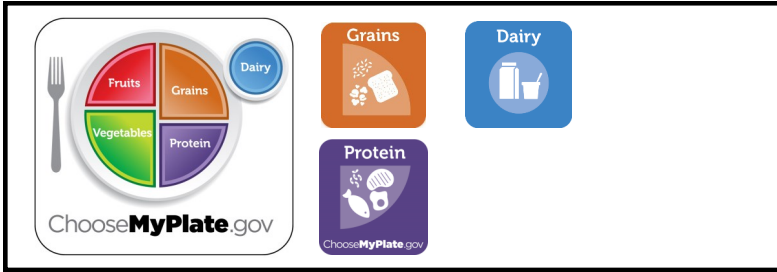
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Substitute beans, tofu, or other cooked meat for the turkey.
- For extra flavor, add a dash of cayenne pepper or chili powder before folding the quesadilla in half.

## Nutrition Facts



### Nutrition Facts

Serving Size 1 quesadilla (110g)  
Servings Per Container 1

Amount Per Serving

**Calories 250**    **Calories from Fat 70**

**% Daily Value\***

**Total Fat 7g**    **11%**

Saturated Fat 3g    **15%**

Trans Fat 0g

**Cholesterol 25mg**    **8%**

**Sodium 440mg**    **18%**

**Total Carbohydrate 36g**    **12%**

Dietary Fiber 4g    **16%**

Sugars 10g

**Protein 13g**

Vitamin A 8%    •    Vitamin C 6%

Calcium 10%    •    Iron 2%

\*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

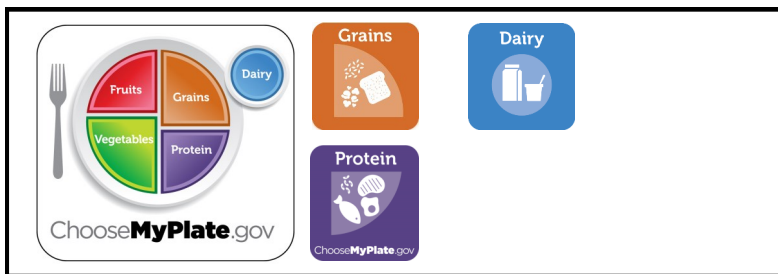
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