



Nutrition Information Per Serving:

Calories: 600
Protein: 39 g
Carbohydrates: 54 g
Fat: 26 g
Fiber: 4 g

PREP TIME 5 mins	COOK TIME 5 mins	TOTAL TIME 10 mins	RECIPE MAKES 1 servings
--	--	--	---

Up the creaminess AND the protein in these tasty quesadillas by mixing Lowfat plain Muuna cottage cheese with shredded cheddar. Serve with salsa for the perfect lunch for you or your little ones!

INGREDIENTS

- 1 Container of 5.3oz. Lowfat Plain Muuna cottage cheese (or $\frac{2}{3}$ cup)
- 2 Large flour tortillas
- $\frac{1}{2}$ cup Shredded cheddar cheese
- 1 tsp. Chili powder
- $\frac{1}{2}$ tsp. Salt
- $\frac{1}{2}$ cup Salsa (for dipping)

INSTRUCTIONS

- 1) Mix cottage cheese, cheddar cheese, chili powder, and salt together in a bowl until combined.
- 2) Spread mixture onto one tortilla (leaving $\frac{1}{2}$ -inch border around the edge).
- 3) Place other tortilla on top.
- 4) Cook quesadilla in a non-stick skillet for 4-5 minutes until the tortillas are golden and the cheese melts.
- 5) Let cool for 3-4 minutes, slice into eighths, and serve with salsa.