

Turkey quesadilla



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

8

Serving size

1/8 of prepared recipe

Time to make

15 minutes preparation; 15 minutes cook time

Special criteria

[Whole grains recipes](#)

Ingredients

- 1 pound ground turkey
- 1/4 cup parmesan cheese
- 2 cups chopped vegetables (tomatoes, green beans, peas, carrots, peppers, zucchini, etc.)
- 8 whole wheat tortillas

Directions

1. In a skillet, cook ground turkey until completely cooked. Drain and rinse.
2. Add cheese and vegetables.
3. Place 1/4 cup of turkey mixture on a tortilla. Fold over or roll.
4. Heat and lightly brown in skillet or in the oven.

Tips and variations

- Quesadillas are a great way to use up leftover cooked meats or vegetables. Just add them instead of the fresh ingredients.
- Make half your plate vegetables! You can stretch food dollars and eat healthier by adding your favorite vegetable to your recipes. Experiment with new foods and have fun!

Nutritional info

Calories

236

Total fat

9.1 g

Saturated fat

3.5 g

Cholesterol

41.3 mg

Sodium

295 mg

Total carbohydrates

22.1 g

Dietary fiber

5.1 g

Protein

16.6 g

Total sugar

2.4 g

Allergens

Dairy

Wheat

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