**Meal Idea**

Loaf of Milk
Fresh Apple
Green Salad
Steamed Carrots
Tuna Quesadillas

**Tuna Quesadillas**

**Cost**

Cooking spray, brown quesadillas on both sides.
Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick
Slove top:

Second, turn the plate halfway through cooking time.
Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on High for 60

**Instructions**

1. Wash hands and top of tuna can.
2. Mix tuna with mayonnaise.
3. Cook in microwave or on stove top.
4. Cut in half before serving.

**Ingredients**

1/2 cup grated cheddar cheese, lowfat
4 flour tortillas
1 tablespoon mayonnaise, light
1 can water-packed tuna fish, drained

**Per Serving:**

Energy: 130
Fat: 4.5g
Sodium: 690
Calcium: 70

**Per Recipe:**

Energy: 520
Fat: 18g
Sodium: 2760
Calcium: 280

Source: USDA at http://www.nal.usda.gov/ars/