Tuna Quesadillas

Serving Size: 1/4 of recipe
Yield: 4 servings

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

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.

Microwave Directions:
Spoon filing onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove top:
Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.

Cost:
Per Recipe: $ 1.61
Per Serving: $ 0.40

Meal Idea
Tuna Quesadilla
Steamed Carrots
Green Salad
Fresh Apple
Lowfat Milk

Adapted from: Utah State University Cooperative Extension
Source - USDA at http://recipefinder.nal.usda.gov/