

Healthy Children, Healthy Family

Broccoli Quesadillas



Makes 4 quesadillas (8 halves)

Preparation time: 25 minutes

Ingredients:

- 1 bunch of broccoli (about 2 cups, chopped)
- 1 Tbsp olive oil
- 1 medium red onion, sliced (about 1 ½ cups)
- 1 Tbsp chopped cilantro
- ¾ cup low-fat mozzarella cheese, grated
- 8 corn tortillas
- Salt and pepper

Note: Spinach can be substituted for broccoli. In using spinach, skip steps #1 & 2. Instead, slice raw spinach into shreds and add in step #3.

Instructions:

- 1) Slice the broccoli into ¼ inch pieces.
- 2) Steam the broccoli for 2 minutes.
- 3) Heat the oil in a pan. Cook the onion until tender. Add broccoli, cilantro, salt, and pepper.
- 4) Heat the tortilla on a skillet. Add ½ cup of broccoli mixture and 1 ½ Tbsp cheese. Cover the filling with another tortilla. Heat in a skillet until cheese melts. Brown tortillas on both sides. Cut in halves to serve.



Nutrition Facts

Serving Size (86g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 105mg 4%

Total Carbohydrate 16g 5%

Dietary Fiber 3g 12%

Sugars 1g

Protein 6g

Vitamin A 15% • Vitamin C 45%

Calcium 20% • Iron 4%

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

My Family's Goal: We will try our best to

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