



Healthy Families  
Healthy Futures

## ***Fruit Quesadilla***

**Yield:** 4

**Prep time:** 15 minutes

**Total time:** 30 minutes

### ***Ingredients***

2 cups	Fruit (pineapple, strawberries, oranges and or mangos), chopped small
8 ea.	Small whole wheat tortillas
4 tablespoons	Light cream cheese
	Cooking spray

### ***Directions***

Chop enough fruit to get 2 cups total of pineapple, strawberries, oranges and or mangos. Whole blueberries can be used, but do not chop

Mix cream cheese with fruit.

Spread equally among four whole wheat tortillas.

Top with remaining tortillas to make a “sandwich.”

Heat a non-stick griddle or cast iron skillet. Spray with cooking spray.

Cook both sides of each quesadilla until crispy.