



# Pepper Jack, Apple & Smoked Turkey Quesadillas

– Makes 2 servings –

## Ingredients

2 (8-inch “fajita”) whole-wheat flour tortillas  
2 ounces Cabot **Pepper Jack**, grated (about ½ cup)  
2 ounces thinly sliced smoked turkey breast  
½ Granny Smith apple, quartered, cored and thinly sliced  
Cooking spray or about 2 teaspoons vegetable oil

## Directions

**SPRINKLE** one half of each tortilla with about 2 tablespoons of cheese. Layer turkey breast and apple slices on top, followed by remaining cheese. Fold bare half of each tortilla down over filling, pressing firmly.

**COAT** large skillet with cooking spray or brush with oil. Place over medium-low heat.

Add quesadillas to skillet and cook, pressing down with spatula occasionally, until browned on underside, 2 to 3 minutes. Turn over with spatula and cook until browned on second side and cheese is melted, 2 to 3 minutes longer.

**CUT** into wedges and serve.

## Nutrition Facts

**Calories:** 317

% Daily Value

<b>Total Fat:</b> 12.5g	19%
<b>Saturated Fat:</b> 5g	25%
<b>Sodium:</b> 510mg	21%
<b>Carbohydrates:</b> 31g	10%
<b>Dietary Fiber:</b> 3.5g	14%
<b>Protein:</b> 18.5g	
<b>Calcium:</b> 203mg	20%