



Easy-peasy cheesy quesadilla

Prep: 5 minutes

Cook Time: 5 minutes

Serves: 4

Portion Serving Size: 200g (1 quesadilla)



INGREDIENTS

8 large white flour or whole-wheat wraps
 3 cups (690 g) leftover Bolognese / Savoury mince
 1 large (120 g) tomato, sliced
 Salt and pepper, to taste
 1 cup (250 ml or 90 g) grated Cheddar or Mozzarella cheese

Chopped avocado salad, to serve (37 g)
 Sour cream, to serve (optional) (39 g)

** Substitute the mince with leftover bean curry or sauteed chicken with peppers would also be delicious as a filling.*



METHOD

1. Heat a large non-stick frying pan over medium-high heat.
2. While the pan is heating, place four wraps onto a clean work surface and divide the leftover mince amongst the four wraps. Spread the mince over

the entire wrap and top with sliced tomato.

Season with salt and pepper, to taste.

3. Scatter the grated cheese over the tomato and place a second wrap on top.
4. Add the quesadilla to the hot pan and toast for 1-2 minutes each side, or until the cheese has melted and the wrap toasted. Repeat.
5. Slice the wrap into quarters and serve with chopped avocado salad and dollops of sour cream.

Nutrition Facts

Serving size: 250 g

Energy (kJ)	2351
Protein (g)	28.4
Total Carbohydrates (g)	36.9
Fat (g)	33.5
Fibre	3.5
Calcium (mg)	179

Recipe analysis includes serving suggestion of avocado and sour cream



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