

Colorful Quesadillas

8 ounces fat-free cream cheese ¼ teaspoon garlic powder
8 small flour tortillas 1 cup shredded low-fat cheese
1 cup chopped sweet red or green peppers
2 cups fresh spinach leaves

1. Mix cream cheese and garlic powder; spread about 2 T of mixture on each tortilla.
2. Sprinkle 2 T of peppers, 2 T of shredded cheese, and ¼ cup of spinach leaves on half of each tortilla. Fold tortillas in half.
3. Heat large skillet over medium heat until hot. Place two folded tortillas in pan and heat for 1-2 minutes on each side, or until golden brown.
4. Remove quesadillas from skillet and cover with foil to keep warm while cooking remainder.
5. Cut each quesadilla into 4 wedges and serve warm.