

Tuna Quesadilla

Nutrition Facts:	
Yield	2
Calories	325
Fat	10 g
Sodium	450 mg

Code
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Ingredients Needed:

2 (6 oz.) cans tuna, drained
¼ cup mayo
¼ cup chunky prepared salsa
6 8-inch flour tortillas
¾ cup shredded cheddar cheese

Recipe Directions:

- Combine tuna, mayo, and salsa.
- Spread 3 tortillas with the tuna mixture, top with cheese and cover with remaining tortillas.
- Lightly grease a non-stick skillet, add the quesadillas, one at a time and cook until lightly browned.
- Turn and cook until cheese has melted.
- Pair with a side of mixed vegetables!