



For Kids! Sausage & Cheese Quesadillas

Serves 4

8	Flour tortillas, 6 inch size
½ lb	Turkey sausage, uncooked
1 cup	Cheese, any variety, shredded
2 Tbsp	Light butter or margarine
1 cup	Prepared salsa



Get out a large, nonstick skillet. Place turkey sausage in the pan and heat to medium. Break apart the sausage into small-medium pieces with a spoon or spatula while cooking it for 8-10 minutes. Remove sausage to a paper towel-lined plate. Lay tortillas out on a large cutting board, or waxed paper on the counter top. Lightly spread butter (or margarine) onto outside of all tortillas. Divide cooked sausage and cheese evenly onto the un-buttered side of 4 tortillas. Top with the other 4 tortillas, leaving buttered sides on the outside. Cook over medium heat on a non-stick skillet or frying pan for 3 minutes, until golden brown. Turn over and cook 3 minutes on the other side. Cut into quarters and serve with salsa to dip.

Note: Serve ½ portion of the quesadilla to children under 12 years.

Recipe Nutrition per serving

418 calories; 23 gm protein; 35 gm carbohydrate; 20 gm total fat; 9 gm saturated fat; 0 trans fat; 70 mg cholesterol; 3 gm fiber; 1300 mg sodium