

Turkey Quesadillas

These can also be made with beef, ground chicken or pork

6 flour tortillas
2 tsp. olive oil
1 medium yellow onion, chopped, 1 cup
1 medium red pepper, seeded and diced
1 1/4 lbs. ground turkey
1/4 tsp. salt
2 cloves garlic, minced
1 tsp. ground cumin
1 tsp. chili powder
1 tsp. ground oregano
1/2 cup low-sodium tomato sauce
2 Tbsp. minced parsley mixed with 3/4 tsp. dried cilantro
1/2 cup grated Monterey Jack
1 cup tomato salsa (optional)
Preheat the oven to 350 degrees

Wrap tortillas in aluminum foil and heat in the oven for 8 minutes. In a 12" skillet heat oil over moderate heat. Add onion and red pepper. Saute, stirring occasionally for 5 minutes. Add the turkey and salt to the skillet and saute, for 3 minutes until the turkey is no longer pink. Add the garlic, cumin, chili powder and oregano. Saute, for 1 minute until mixture is dry. Stir in the tomato sauce and parsley/cilantro. Increase the oven temp to 450 degrees. Unwrap tortillas and place them on a baking sheet. Spread equal amount of turkey mixture on each tortilla. Sprinkle with cheese. Bake 8-10 minutes until cheese is melted and tortillas are golden. Serve with salsa.

Per serving: 277 calories, 1 gram saturated fat, 9 grams total fat, 26 grams protein, 22 grams carbohydrate, 2 grams fiber, 213 mg sodium.