

A close-up photograph of a stack of three turkey cranberry quesadillas. The quesadillas are made with flour tortillas, filled with shredded turkey, melted cheese, and fresh cranberries. The stack is presented on a light green plate. The text 'Turkey Cranberry Quesadilla' is overlaid on the left side of the image in a white serif font on a green background.

Turkey
Cranberry
Quesadilla

INGREDIENTS

1 **8-inch whole wheat tortilla**

2 tbsp. **mozzarella cheese** shredded

2 tbsp. **cranberry sauce or dried cranberries**

2 tbsp. **cooked turkey** chopped
or shredded

1/3 cup **spinach**

1
SERVING
10
MINUTES
TOTAL TIME

DIRECTIONS

- 1 Sprinkle shredded cheese evenly over one-half of the tortilla. Add cranberry sauce or dried cranberries, turkey, and spinach, then fold the tortilla in half over the filling.
- 2 Heat a medium-sized skillet over medium heat (300°F in an electric skillet). Lightly spray with cooking spray, then place tortilla in the skillet. Cover and cook for 2–3 minutes on each side, or until the outside is golden brown and contents are heated through.
- 3 Refrigerate leftovers within 2 hours.

Nutrition Facts: 250 Total Calories, 7 g Total Fat, 3 g Saturated Fat, 25 mg Cholesterol, 440 mg Sodium, 36 g Total Carbohydrate, 4 g Dietary Fiber, 10 g Sugars, 13 g Protein. Daily Value of Vitamins: 8% Vitamin A, 6% Vitamin C, 10% Calcium, 2% Iron.

Recipe adapted from foodhero.org.

For tips and tricks to help your family live healthier, visit EatSmartWNY.org.

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