

Peanut Butter, Strawberry, and Banana Quesadillas



Ingredients:

- 2 whole wheat tortillas
- 1/2 banana, sliced
- 2-4 strawberries, quartered
- 1-2 tablespoons peanut butter
- 1-2 tablespoons reduced-sugar strawberry jam
- Cooking spray

Directions:

1. Preheat a skillet over medium heat.
2. Spread peanut butter on one side of a tortilla.
3. Spread jam on one side of the second tortilla.
4. Put banana and strawberry slices on the jam covered tortilla.
5. Place the peanut butter tortilla on top of the jam and fruit tortilla, making a sandwich.
6. Spray the pan with cooking spray. Put tortilla in the pan until crisp, about 2-3 minutes.
7. Flip and cook until the other tortilla is crisp.
8. Cut into half and serve immediately.

Makes 2 servings.



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