

Gateway Crescent

Makes: 4 Servings

“I like to be creative with combinations of ingredients and sauces and try different tastes together to see what goes best,” says Blake. “My first idea for a fun lunch recipe included wontons. My mom and I tried several different combinations and determined we needed a bigger shell. We replaced the wontons with whole-wheat tortillas. I tried various ingredients on the inside and decided on this recipe. Add a side of nectarines or peaches and you have a meal following MyPlate guidelines.”

Ingredients

- 1/4 cup quinoa, rinsed
- 1/2 cup low-sodium chicken broth
- 1/4 cup olive oil
- 1 green onion (scallion), chopped
- 1/4 orange bell pepper, seeded and chopped
- 1/2 zucchini, chopped
- 2 tablespoons spinach, chopped
- 1/4 jalapeno pepper, minced
- 4 whole-wheat tortillas
- 1/4 cup feta cheese
- Red pepper flakes to taste
- 1/4 cup plain yogurt
- 1/2 teaspoon lemon juice
- 1/2 teaspoon honey

Directions

1. **Preheat the oven to 350°F.** In a large saucepan, combine the quinoa and chicken broth and bring to a boil over medium-high heat. Reduce the heat to medium and cook for 15 minutes, or until the quinoa is tender.
2. **In a large sauté pan,** heat 2 tablespoons of the olive oil over medium heat. Add the green onion, bell pepper,



Nutrition Information

Nutrients	Amount
Calories	301
Total Fat	17 g
Saturated Fat	5 g
Cholesterol	9 mg
Sodium	295 mg
Total Carbohydrate	32 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	1 g
Protein	8 g

zucchini, spinach, and jalapeño, and cook about 5 minutes, or until soft and lightly brown.

3. **On a large baking sheet**, brush the remaining 2 tablespoons olive oil on 1 side of each tortilla, then flip over the tortillas. Fill each tortilla with 2 tablespoons cooked quinoa, ¼ cup veggies, 1 tablespoon feta, and a sprinkle of red pepper flakes. Brush the edges of each tortilla with water. Fold each tortilla in half and press with a fork to seal the edges. Bake for 10 minutes.
4. **Meanwhile, in a small bowl**, combine the yogurt, lemon juice, and honey. Serve the tortillas with the sauce. Enjoy!

The 2015 Healthy Lunchtime Challenge Cookbook