

# Tuna Quesadillas

**Makes:** 4 servings

## Ingredients

- 1 can** tuna fish, packed in water (drained)
- 1 tablespoon** mayonnaise, light
- 4** flour tortillas
- 1/2 cup** cheddar cheese, low-fat (grated)

## Directions

1. Mix tuna with mayonnaise.

Microwave:

1. Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

1. Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.
2. Cut in half before serving.

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## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	4.5 g	7%
Protein	16 g	
Carbohydrates	16 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	1.5 g	8%
Sodium	340 mg	14%