

# apple pie quesadilla

Serves: 4

Prep and Cook time: 25 min

Per serving: 410 calories, 16 g fat, 496 mg sodium

Cooking oil spray

1 TBS butter

2 large (10- to 12-inch)  
flour tortillas

1 can (21 oz) apple pie filling

1/2 cup finely shredded  
Cheddar cheese

1 TBS sugar

1/2 tsp ground  
cinnamon

1. Preheat the oven to 375° F. Spray a large baking sheet with cooking oil spray.
2. Place the butter in a shallow microwave-safe dish and microwave, uncovered, on 80% power for 10 seconds. Stir and repeat until the butter is completely melted. Set aside.
3. Place 1 tortilla on the prepared baking sheet. Spoon the apple onto the tortilla and spread it out almost to the edge. Sprinkle the cheese evenly over the filling. Place the second tortilla over apple mixture, forming a top crust.
4. Drizzle the melted butter evenly over the top crust of the quesadilla. Mix the sugar and cinnamon together in a small dish and sprinkle it evenly over the melted butter.
5. Bake until the quesadilla is crisp and the edges are just beginning to brown, 8 to 10 minutes. Remove it from the oven and using a pizza cutter or a sharp knife, cut the quesadilla into 4 wedges, then serve.

