

# quesadilla rollups

Serves: 4

Prep and Cook time: 10 min

Per serving: 181 calories, 9 g fat, 460 mg sodium

2 large (10 to 12 inch)  
flour tortillas

1/4 cup taco sauce/salsa

1/3 cup shredded  
Mexican-blend or  
Cheddar cheese

1. Place the tortillas on a clean work surface. Spread 2 TBS of the taco sauce/salsa evenly over each tortilla, spreading it nearly to the edge. Sprinkle 3 TBS of the cheese evenly over each tortilla. Roll the tortillas up tightly, jelly-roll fashion.

2. Place the tortilla rolls, seam side down, on a microwave safe plate and microwave, uncovered, on 80% or high power until they are heated through and the cheese has melted, about 1 minute.

3. Remove the tortillas from the microwave and cut each roll in half. Serve immediately.

Vary It! You can add in some vegetables and protein for even more flavor. Try putting in bell peppers, onions, chicken, shredded beef, corn, or black beans. Serve the quesadilla rolls with sour cream and guacamole.

