



Nutrition Facts:

79 Calories
1g of Fat
17g of Carbs
2g of Fiber
1g of Sugar
5g of Protein

Prep Time: 10 mins.

Total Time: 5 mins.

Makes: 3 servings, 1 quesadilla



Mushroom *quesadillas*

INGREDIENTS:

- ▶ Cooking Spray
- ▶ 8 oz. Fresh Mushrooms
- ▶ 1/2 Medium Onion, sliced
- ▶ 1 tsp. Minced Garlic
- ▶ 3 tblsp. Chopped Cilantro
- ▶ 3 Whole Wheat Flour Tortillas
- ▶ 6 tblsp. Low-Fat Monterey Jack

MICROWAVE PREPARATION:

Spray a microwave-safe casserole with vegetable oil spray.

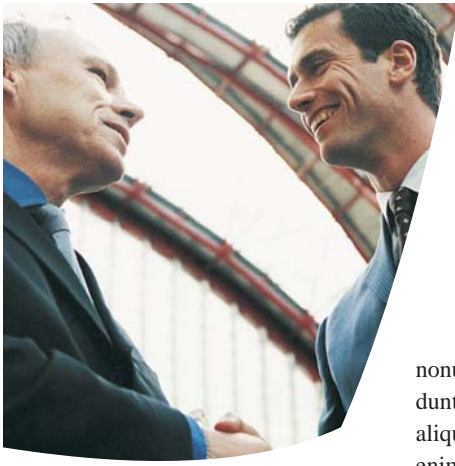
Add mushrooms, onion, and garlic.

Cook, uncovered, on 100% power (high) for 5 to 7 minutes or until onion is tender, stirring twice.

Stir in cilantro.

Assemble quesadillas as directed above and arrange them on a microwave-safe plate or platter.





Getting the most from our research analysis

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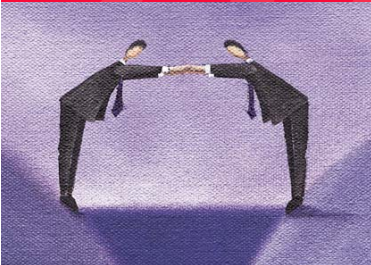
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SMARTER INVESTING: Experience vs. Discipline



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Financial Consultation

5432 Any Street West
Townsville, State 54321