

SOUTH OF THE BORDER BURGER QUESADILLA

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly

Serves: 4 (Serving= 1 burger quesadilla)

Nutrition (per serving)

Calories: 380

Total Fat: 20 g

Saturated Fat: 7 g

Sodium: 735 mg

Total Carbohydrate: 23 g

Dietary Fiber: 14 g

Protein: 41 g



Ingredients

- ¼ cup reduced-fat sour cream
- 2 Tablespoons chunky salsa
- 1 pound lean ground beef (93% lean/7% fat)
- Cooking spray
- 8 La Tortilla Factory® Smart & Delicious Low Carb Whole Wheat Tortillas (choose gluten free for GF version)
- 1 cup shredded part-skim mozzarella cheese
- 1 cup lettuce, chopped



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Directions

1. To make the sauce, combine reduced-fat sour cream with salsa in a small bowl. Mix well and set aside.
2. Cook 4 hamburger patties to your liking (on the grill, in a skillet or baked in the oven) until internal temperature of 160 degrees Fahrenheit.
3. Spray a medium skillet with cooking spray and turn on medium-high heat. Lay one tortilla in bottom of skillet and spread with 1 ½ tablespoons of sauce. Sprinkle with 2 tablespoons of cheese.
4. Place hamburger patty in the middle of tortilla and top with ¼ cup lettuce. Sprinkle last 2 tablespoons of cheese all over hamburger and tortilla.
5. Top with another tortilla and press edges with spatula to seal. Spray top of tortilla with cooking spray.
6. Cook both sides until golden and crisp.