

HAM 'N PINEAPPLE QUESADILLA

Serves: 1

Nutrition (per serving)

Calories: 165

Total Fat: 5 g

Saturated Fat: 2 g

Sodium: 580 mg

Total Carbohydrate: 19 g

Dietary Fiber: 4 g

Total Sugars: 5 g

Protein: 11 g



Ingredients

- 1 small soft shell tortilla, whole wheat if desired
- 1 wedge light, spreadable cheese
- 1 pineapple ring, cut into tidbits
- 3 slices thin shaved ham

Directions

1. Lay tortilla on a clean flat surface. Spread cheese on top.
2. Sprinkle pineapple tidbits over cheese. Place ham on top.
3. Either fold the tortilla in half or roll it up jelly-roll style and enjoy.



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