

Creamy Spicy Pear Quesadilla



Nutrition Tips Summer Series Recipe



INGREDIENTS

- ☐ 2- 8" whole wheat tortilla
- ☐ 1 medium pear
- ☐ ½ cup of plain greek yogurt
- ☐ 1 tsp. vanilla extract
- ☐ 1 tbs. sugar
- ☐ 1 tsp. cinnamon
- ☐ ½ tsp. nutmeg
- ☐ 1 tbs. vegetable oil

INSTRUCTIONS

1. Cut the pear in half and remove the core.
2. Slice the pear thinly with a knife or mandolin and set aside.
3. Grab a bowl and mix the vanilla extract into the yogurt to set aside.
4. Mix the sugar and spices in a separate bowl and set aside.
5. Brush a non-stick pan with the remaining oil and turn heat on medium-low.
6. Brush tortillas with oil and sprinkle the sugar and spice mixture evenly over tortillas.
7. Place each tortilla, one at a time, into the pan for two minutes or until browned.
8. Flip each tortilla and repeat on the other side.
9. Spread yogurt onto one side of the tortilla and layer pear slices on top.
10. Sprinkle the remaining sugar/spice mixture and place the other tortilla on top.
11. Heat through and remove tortillas from the pan.
12. Slice into four quarters.