



## Cheese Quesadillas

Serves 1

Prep time: 2 minutes

Cooking time: 8 minutes

Per portion

Calories: 297

Fat: 10.9g

Saturates: 6.2g

Carbs: 33.7g

of which sugars: 1.5g

Fibre: 2.4g

Protein: 15g

Salt: 1.3g

### Ingredients:

- 2 plain mini tortilla wraps
- 35g reduced fat cheddar cheese

### Instructions:

Preheat a small frying pan. Place one tortilla wrap in the pan and top with the grated cheese and a little black pepper, then top with the remaining wrap.

Cook for 3-4 minutes on one side then carefully turn over the Quesadilla and cook on the other side for 2-3 minutes or until the cheese is melted and the wraps have taken on a golden colour

Remove from the frying pan, place on a chopping board and cut into 4.

Serve straight away - be careful as the inside will be hot