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Health Recipes

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QUESADILLA DONE LIGHT

A little bit of cheese can go a long way when combined with delicious, filling vegetables. Lightly sautéed spinach, fresh corn kernels and grilled onion are neatly sandwiched between two tortillas makes for a simple quesadilla with a satisfying crunch. Spinach is a great food for promoting optimal health. A good source of Vitamin A, C and iron, spinach also contains an abundance of [phytochemicals](#) like flavonoids and lutein, which may protect against some cancers. Cut quesadilla into 8 wedges for a great hors d'oeuvre or pair a few wedges with a simple soup or salad for a light lunch.



Spinach and Corn Quesadilla

(Adapted from the *12 Best Foods Cookbook*)

- 2 tsp. canola oil
- 1/4 cup thinly sliced onion
- 1 jalapeño pepper, seeded and cut in thin rounds
- 1 bunch spinach, stemmed, with leaves cut in 1" ribbons, or one package (10 oz.) frozen chopped spinach, defrosted and squeezed dry
- 1/2 cup white corn kernels, fresh or frozen
- Two 10" whole-wheat tortillas
- Cooking spray (or 1/2 tsp. canola or light olive oil)
- 1 cup (3 oz.) shredded Jack cheese, divided

In large, non-stick skillet, heat oil on medium-high heat. Add onion and jalapeño and sauté until onion is translucent. Add spinach, stirring until it wilts. Add corn and cook, stirring, until corn is warmed through, about 3 minutes. Transfer mixture to bowl. Wipe out pan.

Coat one tortilla with cooking spray. Place it, sprayed/brushed side down, on plate. Sprinkle half the cheese over tortilla. Spread spinach mixture over cheese, leaving a half-inch border around edge. Sprinkle on onion. Top with remaining cheese. Spray second tortilla and place it, coated side up, to cover filling.

Return skillet to heat. When hot, slide quesadilla into skillet. Cook until bottom tortilla is crisp and lightly browned, about 2 minutes. Turn quesadilla by first sliding it onto plate and inverting a second plate over it. Flip



plates while pressing them firmly together. Slide quesadilla, uncooked side down, back into pan, and cook second side until crisp. On plate, cut quesadilla into 8 wedges. Serve immediately, accompanied by your favorite salsa.

Makes 8 wedges.

Per wedge: 90 calories, 5 g. total fat (2 g. saturated fat), 9 g. carbohydrate, 5 g. protein, 2 g. dietary fiber, 126 mg. sodium.

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The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on diet and cancer prevention and educates the public about the results.

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