

## Homemade Quesadilla

1 cup chopped vegetables (peppers, cucumbers, beans, tomatoes, etc.)

2 small whole wheat wraps

¼ cup low fat refried beans

2-3 oz chicken, turkey, or low fat ham (cooked and diced)

¼ cup salsa

¼ cup low fat or fat free sour cream

1 ½ oz cheese (shredded)

Warm vegetables and chicken in microwave

Spread refried beans over 1 wrap, sprinkle chopped veggies, diced chicken and shredded cheese over top.

Add second wrap on top of the cheese

Put in the oven at 400 degrees for 5-10 minutes until cheese is melted.

Top with sour cream and salsa to your liking.

Variations: you can also add black olives or guacamole for an additional healthy fat.