



Cheeseburger Quesadilla Snack Hack



Entire recipe: 198 calories, 8g total fat (3.5g sat. fat), 626mg sodium, 18g carbs, 10g fiber, 2g sugars, 21g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

2 oz. raw extra-lean ground beef (at least 96% lean)
Dash garlic powder
Dash onion powder
1 tsp. ketchup
1 tsp. yellow mustard
1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))
2 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. chopped tomatoes
1 tbsp. chopped dill pickles

Directions

HG Tip: We highly suggest [watching the video demo](#) first, to see how it's done...

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and seasonings. Cook and crumble until fully cooked, about 4 minutes. Transfer to a bowl, and stir in ketchup and mustard.

Make a cut from the center of the tortilla to the bottom, dividing the bottom half into 2 quarters. Top the bottom left quarter with the beef mixture, the upper left quarter with cheese, the upper right quarter with tomato, and the bottom right quarter with pickles.

Fold the beef quarter over the cheese quarter, and fold that over the tomato quarter. Fold that over the pickle quarter, leaving you with a layered triangle-shaped quesadilla.

Clean skillet, if needed. Re-spray, and bring to medium heat. Cook quesadilla until crispy, about 4 minutes, flipping carefully halfway through.

MAKES 1 SERVING

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