



## Cheesy Caprese Waffled Quesadilla Hack



Entire recipe: 187 calories, 10.5g total fat (6g sat. fat), 484mg sodium, 19g carbs, 10g fiber, 2g sugars, 12.5g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes



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### Ingredients

1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))  
2 tbsp. whipped cream cheese  
1/8 tsp. garlic powder  
1/3 cup spinach leaves  
1 tbsp. chopped fresh basil  
2 tbsp. chopped tomatoes  
3 tbsp. shredded part-skim mozzarella cheese

### Directions

Spray a standard round waffle maker with nonstick spray.

Spread tortilla with cream cheese, and sprinkle with garlic powder. Place the tortilla in the center of the waffle maker. Top the bottom half of the tortilla with spinach, basil, tomatoes, and cheese.

Fold the top half of the tortilla over the filling, and close the waffle maker. Set heat to medium.

Cook until golden brown and crispy, 3-5 minutes, occasionally pressing down on the top of the waffle maker to seal the quesadilla.

#### MAKES 1 SERVING

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