



Double-Stuffed Steak Quesadilla



Entire recipe (1 quesadilla): 318 calories, 11g total fat (5g sat. fat), 815mg sodium, 33g carbs, 8g fiber, 6.5g sugars, 29g protein

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

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Ingredients

3 tbsp. shredded reduced-fat Mexican blend cheese
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
5 jarred jalapeño slices, finely chopped
1 portabella mushroom cap (stem removed), sliced
2 oz. thinly sliced raw lean beefsteak filet
1/8 tsp. garlic powder
1/8 tsp. onion powder
Dash black pepper
1 medium-large high-fiber flour tortilla with 110 calories or less (like [La Tortilla Factory Smart & Delicious SoftWraps](#))
Optional toppings: salsa, fat-free sour cream

Directions

In a small bowl, combine shredded cheese, cheese wedge, and jalapeños. Stir until uniform.

Halve portabella slices widthwise. Bring a large skillet sprayed with nonstick spray to medium-high heat. Add portabella pieces, and cook and stir until softened and lightly browned, about 4 minutes. Add sliced steak, sprinkle with seasonings, and cook and stir for about 2 minutes, until just cooked through.

Lay tortilla flat and spread with cheese mixture. Evenly top one half with cooked steak and mushroom slices.

If needed, clean skillet. Re-spray and bring to medium heat. Place the loaded tortilla flat in the skillet, and cook for 2 minutes.

Using a spatula, fold the cheese-only half of the tortilla over the filling, and press lightly to seal. Carefully flip and cook until crispy, about 2 minutes. Slice into wedges, and enjoy!

MAKES 1 SERVING

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