Thanksgiving Quesadilla



Entire recipe: 217 calories, 8g total fat (3.5g sat. fat), 570mg sodium, 24.5g carbs, 10g fiber, 6.5g sugars, 19g protein

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

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Ingredients

1 wedge The Laughing Cow Creamy Light cheese
1 low-carb flour tortilla with 70 calories or less
1 dash ground sage
1 dash ground thyme
1 oz. cooked and chopped skinless turkey breast
1 tbsp. sweetened dried cranberries, chopped
1 tbsp. crushed seasoned croutons
2 tbsp. shredded part-skim mozzarella cheese

Directions

Spread cheese wedge over half of the tortilla, and sprinkle with seasonings.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add tortilla, and top the cheese-covered half with remaining ingredients. Cook until hot, about 2 minutes.

Fold the bare tortilla half over the filling with a spatula, and press lightly to seal.

Carefully flip and cook until crispy, 1–2 minutes.

MAKES 1 SERVING

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