

Tuna Quesadilla

A great way to use canned tuna—not just for sandwiches anymore!

TUNA FILLING

Canned flaked tuna, drained	1/4 cup	60 mL
Grated medium (or mild) Cheddar cheese	3 tbsp.	50 mL
Mild (or medium) salsa	2 tbsp.	30 mL
Finely chopped green onion	1 tbsp.	15 mL
Whole wheat flour tortilla (9 inch, 22 cm, diameter)	1	1

Tuna Filling: Combine first 4 ingredients in small bowl. Makes about 2/3 cup (150 mL) filling.

Spread filling evenly on 1/2 of tortilla, almost to edge. Fold other 1/2 of tortilla over filling. Spray large frying pan with cooking spray. Heat on medium-low until hot. Cook quesadilla for 2 to 3 minutes per side until golden and cheese is melted. To serve, cut into 4 wedges. Makes 1 quesadilla.

1 quesadilla: 404 Calories; 10.9 g Total Fat (2.7 g Mono, 1.7 g Poly, 5.3 g Sat); 40 mg Cholesterol; 55 g Carbohydrate; 8 g Fibre; 25 g Protein; 885 mg Sodium

Kids Can Help: Grating cheese. Washing green onion. Spreading filling. Folding tortilla.

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