

Pizzadillas

For a fresh and exciting addition to your lunchbox, try these pizzadillas! A good source of calcium and Vitamin A, kids will enjoy dipping and eating this fun cross between pizza and a quesadilla.

Serves 4



Nutrition Facts

Serving Size 1/2 Pizzadilla
Servings Per Recipe 4

Amount Per Serving

Calories 200 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 770mg **32%**

Total Carbohydrate 28g **9%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 10g

Vitamin A 100% • Vitamin C 10%

Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- 4 whole-wheat tortillas (8 inches)
- 1 cup fresh or frozen (thawed) spinach, finely chopped
- ½ cup part-skim mozzarella cheese, shredded
- 1 cup tomato sauce
- ¼ teaspoon garlic powder
- ¼ teaspoon Italian seasoning
- Cooking spray

Directions

1. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
2. Top with remaining 2 tortillas.
3. Place skillet over medium heat. Lightly coat pan with cooking spray.
4. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
5. Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
6. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla.
7. Mix together tomato sauce, garlic powder, and Italian seasoning.
8. Serve pizzadilla with tomato sauce for dipping.
9. You can wrap and refrigerate leftovers.

Adapted from kidshealth.org

