

Cheese Quesadilla

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Serves 2 | Prep time: 5 min | Cooking time: 5 min



Cheese Quesadilla

JUST A FEW SIMPLE INGREDIENTS
FOR A REALLY TASTY LUNCH!

INGREDIENTS

2 x 10" tortilla wraps

1 tbsp sundried tomato pesto

2 fresh tomatoes

8 basil leaves

60g Cheddar, grated

METHOD

1. Cut the tomatoes into quarters and remove the seeds. Using a sharp knife, chop the tomatoes into very small pieces, then mix together with the red pesto, the grated cheese and the teared basil leaves.
2. Spread the mixture across half of the wrap, then fold the wrap over to create a half circle. Using a rolling pin, roll a few times to spread the mixture and help it stick together.
3. Heat a non-stick frying pan for 2-3 minutes, place the folded wrap into the pan and toast for 2 minutes on each side to crisp up and melt the cheese.
4. Leave the wrap to cool for a few minutes before cutting it up into triangles.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

311kcal | 12.1g protein | 27g carbohydrate of which 5.7g sugars | 18g fat of which 7.3g saturates | 2.7g dietary fibre | 478mg sodium equivalent to 1.2g salt | 295mg calcium | 268mg phosphorus | 0.7µg vitamin B₁₂