



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Cheese Quesadilla

Ingredients:

- 1 ounce low fat cheddar cheese
- 2 (6-inch) flour tortillas

Create-A-Flavor Changes

Add your own ideas, too!

- Use corn tortillas.
- Try different kinds of cheeses.
- Spread 2 Tablespoons refried beans on tortilla before placing in skillet.
- Add a Tablespoon of fresh chopped tomatoes, green peppers, or onions with grated cheese.
- Add 2 Tablespoons sliced cooked chicken with cheese.

Makes 1 servings - 26% calories from fat

Instructions:

1. Grate cheese.
2. Heat the skillet on medium-high on the stovetop.
3. Place one tortilla on the hot skillet. Sprinkle tortilla with grated cheese. Top with second tortilla. Cook about 30 seconds, then flip.
4. Cook about 30 seconds on the second side. The quesadilla is done when both sides are golden brown and cheese is melted.

To Prepare in Microwave Oven:

1. Grate cheese.
2. Place one tortilla on a microwave-safe plate. Sprinkle tortilla with grated cheese. Top with second tortilla.
3. Cover with damp paper towel.
4. Microwave on high (100% power) about 1 minutes. The quesadilla is done when cheese is melted.

Nutrition Facts	
Serving Size 1	
Servings Per Container 1	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat --g	
Cholesterol 5mg	2%
Sodium 560mg	23%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 12g	
Vitamin A 2%	• Vitamin C 0%
Calcium 20%	• Iron 10%
*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	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.