

PEAR QUESADILLAS



INGREDIENTS:

- 4 ounces sharp cheddar cheese, grated
- 4 whole wheat tortillas
- 1 pear, cored and diced
- Cooking spray

INSTRUCTIONS:

1. Coat a pan with cooking spray and place over medium-low heat.
2. Add one tortilla to the pan.
3. Sprinkle $\frac{1}{4}$ of the cheese over the tortilla. Arrange pear chunks over the cheese and sprinkle the rest of the cheese over the pears. Top with the second tortilla and cook over medium heat until the cheese begins to melt, about 3 minutes. Flip and cook about 3 minutes more.
4. Transfer to a cutting board and let stand 2 minutes before cutting into wedges. Repeat steps to make more.
5. Serve and enjoy!

Yield: 4-6 servings

Source: Adapted from foodhero.org

The ingredients for this recipe can be purchased with CalFresh benefits. To learn more about or how to apply for CalFresh benefits, call Humboldt County DHHS Social Services at 1-877-410-8809 or visit www.c4yourself.com.

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