

## **Fiesta Quesadillas with Crisp Romaine Salad**

Serves 4

8 Sun-Dried Tomatoes (Dry Packed)

4 Flour Tortillas

1 cup (4 oz) Shredded Low Fat Cheddar Cheese

¼ Cup Minced Red Onion

3 TBs Low fat Sour Cream

2 TBs Chopped Fresh Cilantro

### **Step 1**

Place the Sun-Dried Tomatoes in a heatproof bowl and add boiling water to cover. Let stand till soft and pliable about 30 minutes. Drain, squeeze dry and slice into long thin strips. Set aside

### **Step 2**

Lay out 2 tortillas. On each tortilla, spoon on ½ of the Shredded Cheddar Cheese - leaving a ½ inch border around the edge. (Quesadilla should be thin and crisp, with nothing running out of the edges.) Spoon 2 teaspoons of the Minced Onions over the Cheese and top with ½ of the Sun-Dried Tomato Strips.

### **Step 3**

Heat a cast iron pan over medium heat. Lightly coat with oil spray. Slip the first filled tortilla into the pan. Cook until lightly browned on the first side, about 2 minutes. Turn the Quesadilla over and cook the other side, pressing down with the spatula until lightly browned. Transfer the Quesadilla to a cutting board and cut into 4 wedges. Serve with Sour Cream and Chopped Cilantro.

### **To Make it Dinner:**

Serve a Crisp Romaine Salad with \*Cilantro Sour Cream Dressing, Topped with the Quesadilla Wedges

\*Cilantro Sour Cream Dressing

1/2-Cup Light Buttermilk

1/4-Cup Light Sour Cream

1 TB Dijon Mustard

1/2 Teas Kosher Salt

1/8 Teas Freshly Ground Black Pepper

2 TB Minced Fresh Cilantro

In a Jar, shake together Buttermilk; Sour Cream, Dijon Mustard, Kosher Salt, Black Pepper and Minced Fresh Cilantro.