Peanut Butter and Strawberry Quesadillas

SERVES 2

2 (8-inch) whole wheat flour tortillas
4 tablespoons creamy peanut butter
 scant 1/8 teaspoon ground cinnamon
1 cup strawberries, hulled and sliced

1. Place a tortilla on a work surface. Combine the peanut butter and cinnamon in a bowl. Spread half of the peanut butter over the tortilla. Arrange half of the strawberries over the half of the tortilla closest to you. Fold the top half of the tortilla over the strawberries to form a semi circle. Repeat with the remaining ingredients.

2. Heat a large nonstick skillet over medium-low. Add the quesadillas and cook, turning once, until lightly browned and heated through, about 6-8 minutes. Transfer to a cutting board, let stand 2 minutes then cut each into thirds.

These quesadillas are healthful enough to serve as lunch—and luscious enough to eat for dessert!

Nutrition per serving:
Calories: 336, Protein: 12g, Carbohydrates: 35g, Fiber: 7g, Fat 20g, Saturated Fat: 5g, Cholesterol: 0mg, Sodium: 471mg

Recipe developed by The Peanut Institute