

Let's Cook our Commodities!

Pork Quesadillas

Ingredients

- 1 can (24 oz.) Pork with Juices, drained
- ½ yellow onion, diced
- 2 cups shredded cheese, any kind
- 12 whole wheat or whole grain tortillas
- 1 red or yellow bell pepper, diced
- 1 packet taco seasoning

Makes
12 servings

Prep Time
5 minutes

Cook Time
10 minutes

Good Source of
Protein



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Nutrition Facts

| | |
|-------------------------------|---------------------|
| 12 servings per container | |
| Serving size | 1 quesadilla (116g) |
| Amount per serving | |
| Calories | 280 |
| % Daily Value* | |
| Total Fat 14g | 18% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 45mg | 15% |
| Sodium 380mg | 17% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 1g | 4% |
| Total Sugars 6g | |
| Includes 2g Added Sugars | 4% |
| Protein 17g | |
| Vitamin D 0mcg | 0% |
| Calcium 50mg | 4% |
| Iron 1mg | 6% |
| Potassium 174mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. Drain canned meat thoroughly, squeezing and removing all liquid. Use two forks to break up the meat and remove any excess fat.
2. In a mixing bowl, combine meat and taco seasoning and mix well. Set aside.
3. In a dry pan over medium-high heat, lay one tortilla down and place a small amount of cheese on one-half side of the tortilla.
4. Spread ¼ cup of the meat mixture evenly on top of the cheese.
5. Top with onions, bell peppers, and more cheese.
6. Fold the tortilla in half and use a spatula to gently press down over the folded tortilla to smooth and seal firmly.
7. Cook for about 3-5 minutes, until cheese is melted. Flip and cook an additional 3 to 5 minutes on the other side, until the tortilla is golden brown.
8. Remove from heat and cut into 4 equal, triangular pieces. Repeat with remaining tortillas and ingredients.
9. Serve hot. Refrigerate leftovers.

