

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Barbecue Portobello Quesadillas

Makes: 4 servings • **Active Time:** 45 minutes • **Total Time:** 45 minutes

Ingredient

- 1/4 cup prepared barbecue sauce
- 1/2 tablespoon tomato paste
- 1/2 tablespoon cider vinegar
- 1 chipotle Chile in adobo sauce, (see Note), minced, or 1/4 teaspoon ground chipotle pepper
- 1 tablespoon plus 2 teaspoons canola oil, divided
- 1 pound Portobello mushroom caps, (about 5 medium) gills removed, diced
- 1 medium onion, finely diced
- 1 red bell pepper, finely diced
- 1 cup baby spinach
- 4 8- to 10-inch whole-wheat tortillas
- 3/4 cup reduced fat shredded Monterey Jack cheese



Preparation

1. Combine barbecue sauce, tomato paste, vinegar and chipotle in a medium bowl.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add mushrooms and cook, stirring occasionally, for 5 minutes. Add onion and bell peppers, cook, stirring, until the onion, bell peppers and mushrooms are beginning to brown, 5 to 7 minutes. Add spinach cook down for a few minutes. Transfer the vegetables to the bowl with the barbecue sauce; stir to combine. Wipe out the pan.
3. Place tortillas on a work surface. Spread 2-3 tablespoons cheese on half of each tortilla and top with one-fourth (about 1/2 cup) of the filling. Fold tortillas in half, pressing gently to flatten.
4. Heat 1 teaspoon oil in the pan over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 3 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Cut each quesadilla into wedges and serve.

Nutrition

Per serving: 311 calories; 13 g fat (5 g sat, 6 g mono); 19 mg cholesterol; 43 g carbohydrates; 11 g protein; 5 g fiber; 710 mg sodium; 771 mg potassium.