

# Healthy Living Program's Recipe Corner

~ eat light, clean, eat well! ~



Clean Eating Recipe of the Week from [HLP](#):

## Pear-Cheese Quesadillas

(Makes 4 servings)

### Ingredients

- 4 whole grain and/or sprouted tortillas 10" diameter
- 2 tbsp raw honey
- 5 oz low fat mozzarella cheese, grated (1 1/4 cups)
- 1/4 cup dried currants
- 1 small ripe pear, cored and thinly sliced



### Instructions

Place tortillas on work surface, and spread 1/2 tsp honey on . Heat 2 large skillet to medium. Place 1 tortilla, honey-side-up, in each skillet and evenly sprinkle each surface with 1/3 cup cheese and then 2 tbsp currants. Arrange pear slices over top, dividing between 2 tortillas evenly, before sprinkling both tortillas with another 1/3 cup layer of cheese.

Place remaining 2 tortillas, honey-side-up, over each layered tortilla in skillets and gently press with a spatula to 'seal'. Gently flip quesadillas and cook other side until lightly browned, about 2 minutes. Transfer quesadillas to a cutting board and slice into quarters. Place 2 wedges on each of 4 plates.

### Nutritional Information (per 2 wedges—1/2 a quesadilla)

**Calories**...318

**Protein**...14 g

**Carbohydrate**... 44 g

**Fat**...8 g