

RECIPE

Turkey & Cheese Quasadia



36g protein

21 carbs

14g fat

305kcal

Ingredients

- 2 small Gluten free tortillas (Preferably Siete, or ezeziel)
- ¾ cup of lean ground turkey
- 1/4 cup shredded mozzarella
- 1 tbsp plain Greek yogurt (for dip or to lather on tortilla)
- 1 tsp hot sauce or salsa, or 1 tablespoon of pico de gallo

Instructions

- Cook ground turkey
- Add cheese to the cooked ground turkey • Apply greek yogurt on to the tortillas
- Fill the tortillas with the meat mixture.
- Cook on a skillet until golden and melty, or toast it in an airfryer

Tips

Mix yogurt and hot sauce to create a dipping sauce.

Slice quesadilla into wedges and serve with dip.