

# BLUEBERRY BREAKFAST QUESADILLA



*September 25*

National Quesadilla Day

## INGREDIENTS

- 2 Tortillas, Soft, Flour (about 8")  
(enriched or whole grain rich)
- 4 Tablespoons Cinnamon Cream Cheese
- 2/3 Cup Fresh Blueberries
- 2 Tablespoons Butter (softened)

## DIRECTIONS

1. Spread cream cheese on one side of the flour tortilla.
2. Sprinkle blueberries over half of it. Fold other side over and press down lightly.
3. Spread 1/2 tablespoon softened butter on one outside of the quesadilla, flip and spread the remaining 1/2 tablespoon butter on the other outside.
4. Place on a skillet over medium heat and grill each side until golden brown.
5. Cut each quesadilla into four wedges.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

8 Wedges

## PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wedge	1 Wedge	2 Wedges	4 Wedges