

Bacon Jack and Jalapeno Quesadillas

Prep Time: 20 min

Cook Time: 20 min

Level: Easy

Serves: 4 servings, guacamole: 1 cup,

Ingredients

Guacamole:

- 1 ripe Hass avocado, halved, seeded and peeled
- 1 small tomato, diced
- 2 scallions, finely chopped
- 1 tablespoon fresh lime juice
- 1 to 2 tablespoons chopped cilantro leaves
- 1 jalapeno, seeded and minced
- 1 small garlic clove, minced
- Salt, to taste
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Quesadillas:

- 4 strips turkey bacon (about 3 ounces)
- 6 scallions, (white and green parts) thinly sliced
- 1 jalapeno, seeded and minced
- 1 garlic clove, minced
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 3 (8-inch) multi-grain tortillas
- 3/4 cup shredded reduced-fat Monterey jack cheese
- 1/4 cup reduced-fat sour cream, optional
- Cilantro, for garnish

Directions

Guacamole: Coarsely mash the avocado in a large bowl. Add the tomato, scallions, lime juice, cilantro, jalapeno, and garlic until blended. Cover and chill until ready to serve.

Preheat oven to 450 degrees F. Spray a large baking sheet with cooking spray.

Lightly spray a medium nonstick skillet with cooking spray and set over medium-high heat. Add the bacon and cook, turning occasionally, until browned, 3 to 4 minutes. Transfer the bacon to paper towels to drain. Crumble and set aside.

To the same skillet, add the scallions, jalapeno, garlic, cumin, and coriander. Cook, stirring often, over medium heat, until the scallions are soft, 2 to 3 minutes. Remove from the heat.

Place the tortillas on the baking sheet; sprinkle 1/3 of the cheese, 1/3 of the scallion mixture, and 1/3 of the bacon over half of each tortilla. Fold the unfilled half of each tortilla over the filling. Lightly spray the quesadillas with cooking spray. Bake until lightly browned and crisp, 8 to 10 minutes.

Cut each quesadilla into 4 wedges and serve with the guacamole and sour cream, if using. Garnish with cilantro.

Nutritional analysis per serving: 3 wedges with 1/4 cup guacamole and 1 tablespoon sour cream

Calories 320; Total Fat 18 g; (Sat Fat 6 g, Mono Fat 6 g, Poly Fat 2 g) ; Protein 18 g; Carb 26 g; Fiber 7 g; Cholesterol 32 mg; Sodium 630 mg

