

9. Cheese Quesadilla Triangles

Prep Time: 5 min | **Cook Time:** 3 min | **Total Time:** 8 min | **Servings:** 2

Ingredients:

- 1 whole-grain tortilla
- ¼ cup shredded cheese
- Optional: thin apple or veggie slices

Instructions:

1. Heat tortilla in pan; sprinkle cheese.
2. Fold in half; cook 1–2 minutes per side.
3. Cut into triangles; serve warm.

Nutrition (per triangle):

- Calories: 80
- Protein: 3 g
- Fiber: 2 g
- Calcium: 80 mg

Health Benefits:

- Calcium for bones and teeth.
- Fiber supports digestion.

Pro Tips:

- Add thin fruit slice inside after acceptance.
- Cut small triangles to encourage self-feeding.