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Sausage Mushroom “Pizzadillas”

Quesadillas are so easy to whip up at home. The difference nutritionally is pretty astounding. A quesadilla from a restaurant chain will typically run from around 65 to 126 grams of fat, 24 to 63 grams of saturated fat, and 2,000 to 3,000 mg sodium (more than what is recommended for all of those nutrients for the average person for an entire day.) Try these kid-friendly and adult-friendly delicious “pizzadillas” for a quick & easy weeknight meal. Have picky eaters in your house that don't care for mushrooms, like me? Just leave them out.

Ingredients:

12 oz. Jimmy Dean Reduced Fat Bulk Sausage
8 oz. package mushrooms, rinsed and sliced
1/2 cup red onion, chopped
2 cloves garlic, minced
6 oz. baby spinach
1 tsp dried Italian seasoning
15 oz can diced tomatoes
1/4 cup Parmesan cheese
Mission 100% whole wheat tortillas (8-inch)
Shredded Italian blend cheese

Directions:

1. In a large skillet, sauté, and crumble sausage on medium heat.
2. Add mushrooms, onion, garlic, and Italian seasoning. Cook until onion is soft.
3. Add spinach and cover with a lid to wilt. Remove lid and add tomatoes, stir together and simmer 3 minutes.
4. Turn off heat, add Parmesan cheese.
5. Heat separate medium skillet (we use a cast iron one), spray with cooking spray.
6. Place tortilla in the pan. Sprinkle with shredded Italian cheese, 1/4-1/2 cup sausage mixture, sprinkle with a little more cheese, then top with the second tortilla, and spray with cooking spray.
7. Cover and cook until cheese melts.
8. Carefully flip pizzadilla with a spatula. Let cook for 2-3 minutes more.
9. Remove from pan onto cutting board and cut into desired number of slices.