

# Pear Bacon Spinach & Pepper Jack Quesadilla

6 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

6 10-inch whole grain flour tortillas  
Butter-flavored pan spray  
12 slices pepper jack cheese  
3 cups fresh baby spinach  
12 slices cooked bacon  
1 (15-ounce) can Pacific Northwest Canned Pears, diced, in juice, drained  
Salsa for serving, optional

## Method

Spread the tortillas out on sheet pans lined with parchment paper. Lightly coat one side of each tortilla with pan spray and turn it over. Repeat with the remaining tortillas.

Starting with the cheese slices, layer the remaining ingredients on each tortilla: 1/2 cup spinach, 2 bacon slices and 1/4 cup well-drained diced pears. Fold the tortillas in half and place on a preheated grill. Cook until the cheese has melted and the tortilla is lightly browned. Cut into wedges and serve with salsa, if desired.

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## Nutrition

<i>Calories</i>	<b>448</b>
<i>Protein</i>	<b>19 g</b>
<i>Carbohydrate</i>	<b>41 g</b>
<i>Total Fat</i>	<b>23 g</b>
<i>Saturated Fat</i>	<b>14 g</b>
<i>Cholesterol</i>	<b>51 mg</b>
<i>Sodium</i>	<b>954 mg</b>
<i>Dietary Fiber</i>	<b>5 g</b>
<i>Trans Fat</i>	<b>0 g</b>