

# Turkey Quesadillas

By Chef Andy Ruszczyk



## INGREDIENTS:

- 1 lb. lean ground turkey
- 1 cup cheddar cheese, 2% reduced fat
- 1 green bell pepper, diced
- 2 Roma tomatoes, diced
- 2 cups baby carrots, boiled
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. cumin
- 1/2 tsp. dried oregano
- salt & pepper to taste
- 6 Wegmans Whole Wheat Multi-Grain Tortilla

## DIRECTIONS:

1. In a pan, cook ground turkey over medium heat. Drain excess liquid if needed. Set ground turkey aside in a bowl.
2. Add garlic powder, onion powder, cumin, and oregano to the bowl of cooked turkey and mix well.
3. In a pot, fill water half way. Add baby carrots and boil over medium heat for 12-15 minutes or until cooked.
4. Place tortilla in a pan over medium heat.
5. Sprinkle half of the tortilla with cheese, bell pepper, tomatoes, and cooked turkey. Fold tortilla over and cook until cheese melts. Tortilla should be slightly brown. Repeat this step with remaining quesadillas.

# MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



2 roma  
tomatoes



8 oz. cheddar  
cheese



1 green  
pepper



1 lb. ground  
turkey



16 oz.  
baby  
carrots



6-pack whole  
wheat multi-  
grain tortilla

## Seasonings and more:

- cumin
- garlic powder
- onion powder
- oregano

For more recipes  
scan here



or visit  
[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

  
*Cooking at Home*

Grocery cost: \$15.63

Recipe cost: \$15.63

Cost per meal: \$2.61

\*prices found at Wegmans as  
of August 2023