



# Black and Blue Quesadillas

Cooking Light “Fresh Food Fast” 2009

## Ingredients (Serves 4)

Cooking spray  
 1/3 cup thinly sliced red onion  
 4 (8-inch) fat-free flour tortillas  
 1/2 pound thinly sliced low-sodium deli roast beef  
 2 tablespoons crumbled blue cheese  
 4 teaspoons balsamic glaze

## Directions

1. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add onion; sauté 3 to 4 minutes or until tender and lightly browned. Remove from heat.
2. Top half of each tortilla evenly with beef, onion, and cheese. Fold tortillas in half.
3. Return pan to heat. Coat pan and both sides of quesadillas evenly with cooking spray. Place 2 quesadillas in pan; cook 2 to 3 minutes on each side or until browned. Repeat procedure with remaining quesadillas. Cut each quesadilla into 4 wedges; drizzle with 1 teaspoon glaze.