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|  | **Ingredients** | **Step** |
| Tuna Quesadillas | 1 can  (5 ounce) **tuna** in water, drained  1⁄2 cup  **corn** kernels (fresh, cooked, or frozen)  1⁄2 cup  **bell pepper**, seeded and diced (about 3/4 a small pepper)  1⁄2 cup  **cheese**, shredded (try cheddar or mozzarella)  4  8-inch flour **tortillas** | 1. In a bowl, mix together tuna, corn, bell pepper and cheese. 2. Spread ¼ of the filling over half of each tortilla. Fold tortilla in half over the filling. 3. Heat each quesadilla in a skillet over medium heat until the cheese is melting. 4. Turn the quesadilla over and cook for an additional 30 seconds to 1 minute. 5. Refrigerate leftovers within 2 hours.. |