

Mini Avocado & Hummus Quesadilla Recipe {Healthy Snack}

Prep time

10 mins

Cook time

8 mins

Total time

18 mins

Calories 66.2/ Total Fat 3.6g / Saturated Fat 1.2g / Cholesterol 3.7mg / Sodium 113.7mg / Total Carbohydrates 6.8g / Fiber 1.3g / Sugars 0.6g / Protein 2.2g / WW (Old Points) 1 / WW (Points+) 2

Serves: Serves 12

Ingredients

- 4 whole wheat tortillas
- ¼ cup hummus
- ¼ tsp ground cumin
- 1 tbsp minced cilantro
- ½ California avocado, cut into 12 slices
- 1 ½ oz. crumbled queso fresco



Instructions

1. Using a 2½-inch circle cookie cutter (or a glass with a 3½-inch circumference and a small knife), cut 3 circles from each tortilla.
2. In a small bowl, stir together the hummus, cumin and cilantro.
3. Spread 1 teaspoon of the hummus mixture on each tortilla circle. Divide the avocado slices and queso fresco evenly between the quesadillas, arranging them on one half of the tortilla circles.
4. Heat a large skillet over medium heat. Place several quesadillas in the pan and cook until the tortillas are golden brown, 2 to 3 minutes per side.
5. Repeat with the remaining quesadillas. Serve.

Notes

From the kitchen of Cookin' Canuck | cookincanuck.com

Nutrition Information

Serving size: 1 mini quesadilla Calories: 66.2 cal Fat: Total Fat 3.6g / Saturated Fat 1.2g

Recipe by Cookin Canuck at <http://www.cookincanuck.com/2014/05/mini-avocado-hummus-quesadilla-recipe-healthy-snack/>