



Swimsuit-Ready in 20 Days: Lunch Recipes

Mixed Greens with Turkey and Cheese Quesadillas

¼ pound deli-style slice fat-free turkey
2 whole grain or whole wheat tortillas
½ cup shredded nonfat mozzarella cheese
3 cups mixed greens
1 cup fat-free blue cheese salad dressing or other fat-free dressing
Cooking oil spray

Place the turkey slices on one side of each tortilla. Sprinkle with cheese and fold tortilla in half. Press tightly to secure the filling.

Coat a nonstick skillet with cooking spray and heat the skillet. Cook the tortillas for 1 minute on each side or until the cheese is melted. Slide the quesadillas onto a cutting board. Slice each into three or four triangles. Set aside.

To serve: Toss the mixed greens with the salad dressing. Place the greens in the center of the plates. Arrange the quesadilla triangles around the salads.

Servings: 2