Ingredients:
¼ medium apple, cored and sliced thin
1 whole wheat tortilla (about 9” diameter)
¼ cup (1 ounce) sharp cheddar cheese, shredded
⅛ teaspoon cinnamon

Directions:
Preheat a nonstick skillet or griddle over medium-high heat. Fan out the apple slices over the bottom half of the tortilla and top with cheddar cheese (or put half of the cheese down, then fan out the apples and top with the remaining cheese... I find that gives better cheese coverage). Fold tortilla in half and place on the skillet. Cook until the cheese is melted and the tortilla is golden brown, about 1½ minutes per side. Cut in half and eat warm.

Yield: 1 quesadilla