

**Dessert**

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## **Fruit-Filled Quesadillas**

Cathy Yates - Cicero, NY

Taste of Home Healthy Cooking Bonus Book - June/July 2008 - Cool Treats

**Servings: 4**

**Start to Finish Time: 15 minutes**

**5 fresh apricots, halved**

**1/4 cup apricot nectar**

**2 teaspoons sugar, divided**

**1/2 cup fresh strawberries, sliced**

**1/2 teaspoon ground cinnamon**

**2 8-inch flour tortillas**

**butter-flavored cooking spray**

**2 cups reduced-fat vanilla ice cream**

**1/4 cup fresh raspberries**

In a nonstick skillet, cook and stir the apricots, nectar and one teaspoon of sugar over low heat until the apricots are tender, about 5 minutes.

Stir in the strawberries. Cover and remove from the heat.

Combine the cinnamon and remaining sugar. Set aside.

In another nonstick skillet, cook one tortilla over low heat for 1 to 2 minutes on each side until golden and crisp. Spritz one side with the butter-flavored spray and sprinkle with half of the cinnamon-sugar. Repeat with the remaining tortilla.

Place a tortilla sugared side down. Spread with the fruit mixture. Top with the remaining tortilla, sugar side up.

Cut into four wedges.

Serve each wedge with 1/2 cup of ice cream and one tablespoon of raspberries.

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Per Serving (excluding unknown items): 144 Calories; 3g Fat (16.7% calories from fat); 3g Protein; 27g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 173mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.