

Appetizers

Mango-Goat Cheese-Arugula Quesadillas

Pam Brandon and Anne-Marie Hodges - Divas of Dish
Palm Beach Post

Servings: 4

1/2 teaspoon Dijon mustard
1 teaspoon lemon zest, finely grated
1 1/2 tablespoons freshly squeezed lemon juice
3 tablespoons extra-virgin olive oil
coarse salt (to taste)
freshly ground black pepper (to taste)
2 cups arugula, washed and dried
1/4 cup red onion, thinly sliced
1 ripe mango, thinly sliced
1/2 cup crumbled goat cheese
4 flour tortillas

In a small jar, combine the mustard, lemon zest, lemon juice, olive oil, salt and pepper. Shake to combine.

In a bowl, combine the arugula, onion, mango and goat cheese. Lightly toss with the vinaigrette.

Divide the mixture on two tortillas. Top each with a second tortilla.

Heat a heavy skillet over medium-high heat.

Cook until the cheese softens and the tortilla is golden.

Slice and serve immediately.

Per Serving (excluding unknown items): 395 Calories; 20g Fat (46.5% calories from fat); 11g Protein; 42g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 404mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.