

Peach and Brie Quesadillas with Lime-Honey Dipping Sauce

This intriguing appetizer is savory-sweet. Ripe—but firm—peaches work best; if they're too soft, they'll make the tortillas soggy. Placing the fillings on one side of the tortilla and folding the other half over (like a taco) makes the quesadillas easier to handle. Whole wheat tortillas would also be great, offering a sweet, nutty taste. The lime-honey dipping sauce balances the richness of the buttery filling.

Ingredients:

Sauce:

- 2 tablespoons honey
- 2 teaspoons fresh lime juice
- ½ teaspoon grated lime rind

Quesadillas:

- 1 cup thinly sliced peeled firm ripe peaches (about 2 large)
- 1 tablespoon chopped fresh chives
- 1 teaspoon brown sugar
- 3 ounces Brie cheese, thinly sliced
- 4 (8-inch) fat-free flour tortillas
- Cooking spray
- Chive strips (optional)

Directions:

- To prepare sauce, combine first 3 ingredients, stirring with a whisk; set aside.
- To prepare quesadillas, combine peaches, 1 tablespoon chives, and sugar, tossing gently to coat. Heat a large nonstick skillet over medium-high heat. Arrange one-fourth of cheese and one-fourth of peach mixture over half of each tortilla; fold tortillas in half. Coat pan with cooking spray. Place 2 quesadillas in pan; cook 2 minutes on each side or until tortillas are lightly browned and crisp. Remove from pan; keep warm.
- Repeat procedure with remaining quesadillas. Cut each quesadilla into 3 wedges; serve with sauce. Garnish with chive strips, if desired.

Yield: 6 servings (serving size: 2 quesadilla wedges and about 1 teaspoon sauce)

Nutritional Information: Calories 157 (23% from fat); Fat 4g (sat 2.5g, mono 1.2g, poly 0.1g); Iron 0.9mg; Cholesterol 14mg; Calcium 30mg; Carbohydrates 25.5g; Sodium 316mg; Protein 5.3g; Fiber 0.7g

Recipe Source: Cooking Light, JUNE 2005

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.