

Steak and Pepper Quesadillas

Ingredients

- 1 TBS olive oil
- 1 lb thinly sliced sirloin (I buy precut)
- 1 pepper, color of choice
- 1 sweet onion
- 1 TSP taco seasoning
- 1/2 cup fat free refried beans
- 1 cup low fat mexican blend cheese
- Tortillas of choice - *I love the Siete Almond Flour tortillas! We buy at Costco, and keep extras in the freezer*

Directions

1. Preheat oven to 425 degrees
2. Heat olive oil over medium heat in a large skillet. Add steak to the skillet
3. While the meat starts to cook, cut up your onion and peppers in thin strips. Add to the skillet and season with taco seasoning.
4. Cook for 3-4 minutes- it doesn't take long!
5. While steak and veggies are cooking, cover a baking sheet with parchment paper and lay out tortillas. Add a thin layer of refried beans on each tortilla (I also prepped some other veggies for a side during this time)
6. Add steak, veggies and cheese on top of your bean covered tortilla and top with another tortilla. Spray olive oil spray on top of each.
7. Place on the top rack of the oven for about 4-5 minutes, just until crispy!
8. Enjoy! I love serving these with guacamole and salsa!

MADE WITH LOVE

by Teresa Forchard