

CHEESE N' ONION TORTILLAS

This great appetizers that'll send your guests into a hat dance! This recipe variation is enough to fill 5 flour tortillas which will be cut to make 25 appetizer wedges.

Yield

25 appetizers

Ingredients

5	10" (25 cm) flour tortillas	5
2 cups	dry curd cottage cheese	500 mL
1/2 cup	grated part-skim mozzarella cheese	125 mL
1/4 cup	grated Parmesan cheese	50 mL
3/4 cup	chopped green onion	175 mL
1/4 tsp	pepper	1 mL
2 tsp	dried basil	10 mL
1 tsp	dried thyme	5 mL

Directions

Preheat oven to 400F(200C). Mix together all ingredients except flour tortillas. Divide evenly among the 5 tortillas, spreading mixture on only 1/2 the circle. Fold tortilla over and press edges gently to seal. Place on baking sheet. Bake for 10-15 minutes or until heated through and crispy outside. Allow to stand several minutes before cutting. Cut each tortilla into 5 wedges. Serve with salsa sauce for dipping, if desired.

Nutritional Content

Per Serving: Energy: 91.9 Kcal · Carbohydrate: 9.9 g · Protein: 5.1 g · Fat (Total): 3.5 g · Calcium: 110.6 mg

*Nutrient content is based on partly skimmed 17% BF mozzarella cheese