



QUESA-DORY

Servings: 4

INGREDIENTS:

- 1 cup frozen wild blueberries
- 1/4 apple, peeled, cored and finely chopped
- 2 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 8 (6-inch) whole-wheat tortillas
- 3/4 cup (6 ounces) whipped cream cheese
- Grated zest of 1 small lemon
- 3 cups 100% orange juice

Additional Quesa-Dory Features:

- To make Dory's eye, use a round slice of banana topped with a blueberry.
- Use pineapple slices to make Dory's tail and side fin.
- Cut a small V-shape out of the quesadilla to make Dory's mouth.
- Use a few blueberries on each plate to make "bubbles" coming up from Dory's mouth.
- Add 2 tablespoons of sliced almonds to the bottom of each plate to make the ocean floor.
- Enjoy while warm with a 6-ounce

DIRECTIONS:

- In a medium saucepan, combine the frozen berries, apple, brown sugar and cinnamon. Cover and bring to a boil over medium-high heat. Reduce heat and simmer until fruit is soft, about 10 minutes. Set aside. (Sauce will keep for 5 days when covered in the refrigerator).

- In a bowl, blend together the cream cheese and lemon zest. Add in the blueberry sauce and stir until combined. Spread 1/4 cup of mixture over a tortilla, leaving 1/4-inch border. Top with another tortilla. Repeat until you have 4 quesadillas.

- Heat a skillet over medium heat, and coat with olive oil spray. Add quesadilla to the skillet and cook until crisp and lightly browned on the bottom, about 2-3 minutes. Flip over to lightly brown the other side, about 2-3 minutes.

- When ready to serve, kids can help make the quesadilla into a Quesa-Dory!



The Mickey Check is a quick and easy way for families to identify healthier food options. The Mickey Check can be found in stores, online, on-air, at Disney theme parks, and other places where Disney products are sold. Foods and recipes that feature the Mickey Check meet Disney Nutrition Guidelines, which are continually updated to remain best in class to contribute to a nutritious diet.

