

CHEESE AND SPINACH *quesadillas*

(feeds: 2
takes: 20 minutes)

Ingredients

2 green onions
5 oz chopped, sauteed spinach
2 garlic cloves, chopped
4 flour tortillas (wheat)
1 tablespoon olive oil
1 cup monterey jack cheese
chili powder (optional)

Directions

- > *Prep the ingredients: chop and sauté (cook in a pan) the spinach, then chop the green onions and chop the garlic cloves.*
- > Place 1 tortilla in a skillet, and heat over medium heat.
- > Add 1/2 the cheese to the tortilla, then 1/2 the green onions, spinach, garlic cloves and chili powder (optional).
- > Top with another tortilla, then flip the quesadilla and fry until the cheese melts and the tortilla is golden.
- > Repeat with the next 2 tortillas.
- > Slice the quesadillas into quarters, and serve.

TIP: These are great served with salsa, guacamole, rice and beans!

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