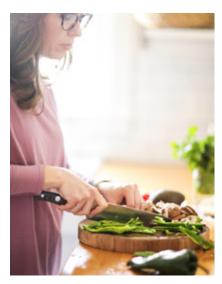


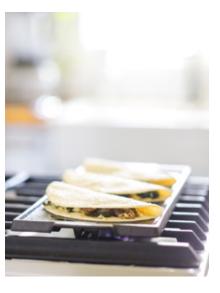
BASIC QUESADILLAS

Prep Time: 5 minutes Cook Time: 2-3 minutes per quesadilla Yield: 4 quesadillas

BASIC QUESADILLAS







Ingredients

- 2-3 cups shredded cheese, such as cheddar cheese, colby, or monterey jack
- 4 6-inch flour tortillas
- extra virgin olive oil, avocado oil, or coconut oil

• To Make •

- l. Heat a skillet or use a griddle over medium-high heat.
- 2. Spread some of the cheese over one half of each tortilla.
- 3. Brush one side of the quesadillas with a small amount of oil. Place the oiled side of the quesadillas down in the hot skillet and cook for 2-3 minutes until golden and

crispy. Before flipping, brush the other side of the quesadillas with oil. Flip the quesadillas and cook for 2-3 minutes until golden and crispy.

- Store in an air-tight container in the fridge for up to 5 days or in the freezer for up to 2-3 months.
- 5. Reheat (and defrost, if needed) in a skillet with a small amount of oil or butter. Or, serve at room temperature in the lunchbox. I place quesadillas directly from the freezer into the lunchbox.
- 6. Serve with any toppings desired: sour cream, salsa, guacamole.
- Customize this basic recipe by adding different fillings: thin pear slices and deli ham, thin apple slices and deli turkey, <u>shredded chicken</u>, <u>beans</u>, steamed broccoli, or spinach. The possibilities for quesadillas are endless.