



## BASIC QUESADILLAS

Prep Time: 5 minutes

Cook Time: 2-3 minutes per quesadilla

Yield: 4 quesadillas

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## • 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 •

1. 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.

4. 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, [shredded chicken](#), [beans](#), steamed broccoli, or spinach. The possibilities for quesadillas are endless.