



## SPINACH QUESADILLAS

Contributed by Renee from Raising Generation Nourished

Prep Time: 20 minutes

Cook Time: 12 minutes

Yield: 2 quesadillas

# SPINACH QUESADILLAS



## • Ingredients •

- 3 TB unsalted or salted butter
- 1/2 medium yellow onion, diced
- 3 garlic cloves, minced
- 3 handfuls baby spinach, roughly chopped
- pinch of salt
- 1 1/2 cups cooked pinto beans (1 15-ounce can or [home-cooked](#))
- 3 TB salsa (store-bought or [fermented salsa](#))
- 1 cup shredded cheddar cheese
- 2 tortillas
- extra virgin olive oil, avocado oil, or coconut oil

## • To Make •

1. Melt the butter in a large skillet and add the onion, garlic, and spinach along with a big pinch of salt. Cook over medium heat for about 2-3 minutes until the spinach wilts.
2. Set the spinach mixture aside. Add

another tablespoon of butter to the skillet, along with the beans and salsa, and cook over medium-high heat for about 4-5 minutes until the beans soften. Squish the beans with the back of a wooden spoon to make “refried” beans. If the mixture gets dry, just add a splash of water.

3. Heat a skillet (you can wash and reuse the same skillet), or a griddle, over medium-high heat.
4. Spread half the spinach mixture over half of one tortilla, followed by half the bean mixture and half the cheese. Repeat with the second tortilla and remaining ingredients.
5. 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.
6. Store in an air-tight container in the fridge for up to 5 days or in the freezer for up to 2-3 months.
7. Reheat (and defrost, if needed) in a skillet with a small amount of oil or butter. Or, serve at room temperature in the lunchbox.
8. Serve with any toppings desired: sour cream, salsa, guacamole.