



IN THIS DISH...



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SPINACH QUESADILLA

SERVINGS: 4



INGREDIENTS

- 3 ounces fresh baby spinach (about 4 cups)
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 cup shredded reduced-fat Monterey Jack cheese or Mexican cheese blend
- 6 flour tortillas (6 inches)
- 1/4 cup reduced-fat ricotta cheese, optional
- Reduced-fat sour cream, optional

RECIPE TIP

ADDING TORTILLA CHIPS AND GUACAMOLE IS A GREAT SIDE FOR THIS DISH!

REQUIRED TOOLS



DIRECTIONS

1. In a large nonstick skillet, cook and stir first 6 ingredients until spinach is wilted. Remove from heat; stir in cheeses.
2. Top half of each tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with sour cream.