

Spinach Quesadillas

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Quesadillas are a wonderful dish for both breakfast and lunch, or even as a late-night snack. This version, made with spinach, mushrooms and cheese is both filling and decadent. Add some cooked chicken pieces if you like.

Ingredients:

4 flour tortillas
300g cheddar cheese, grated
300g spinach
2 portobello mushrooms
2 garlic cloves
1 tbsp. oil and 1 tbsp. butter

Directions:

1. Heat the oven to 180C. Put the tortillas onto two baking trays, and spread 75g cheese over one half of each tortilla. Put into the oven and cook for 5 minutes.
2. Meanwhile, finely slice the mushrooms and mince the garlic cloves. Roughly chop the spinach. Heat the butter in a frying pan and add the mushrooms. Cook for five minutes, then stir in the garlic and the spinach. Cook for another five minutes.
3. Divide the spinach mixture between the tortillas over the cheese, then fold the tortillas over the filling.
4. Heat the oil in another frying pan, then cook the quesadillas for three minutes on each side. Cut each quesadilla into four to serve.

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