

Quesadillas

This grilled tortilla recipe is perfect for using up bits of leftover deli or cooked meats, raw or cooked veggies, and any kind of cheese! Have fun finding new flavour combinations or enjoy one with just cheese.

Ingredients (for 1 serving)

- 1 large flour tortilla
- 1/3 cup grated cheese (any kind) or 2 cheese slices
- 1 - 2 tbsp of fillings that you like.

Directions

1. Chop fillings into small pieces.
2. Be careful not to use too many juicy fillings or your quesadilla will be soggy. Place on a paper towel and gently squeeze out some of the moisture to be sure.
*Never use raw meat in a quesadilla.
3. Grate or slice cheese if needed.
4. Sprinkle half the tortilla with most of the cheese.
5. Sprinkle on the fillings.
6. Sprinkle on the rest of the cheese portion.
7. Fold the tortilla in half over the fillings.
8. Carefully pick it up while pinching the sides closed.
9. Place on a skillet heated to medium and wait 2-3 minutes.
10. Peek into the tortilla to check that the cheese is melted.
11. Carefully flip over to heat the other side.
12. Leave on the pan longer if you want it crispier.
13. Cut into triangle wedges and enjoy.
14. Serve with sour cream, salsa, guacamole, ranch dressing, or any other dip that sounds good to you!

Fun Flavour Boosting filling ideas

Cooked meats: chicken, hot Italian sausage, taco beef

Deli meats: ham, pepperoni, bacon bits

Raw veggies: red or green peppers, green or purple onion, avocado, spinach, cherry tomatoes

Sautéed veggies: mushrooms, caramelized onions, broccoli, cauliflower

Canned: black beans, corn, pineapple

Miscellaneous: feta, jalapeños, pickles, olives