

Teaspoon Communications

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Mushroom & Spinach Quesadillas

Recipe adapted from www.allrecipes.com



This Tex-Mex version of the grilled cheese sandwich is bursting with veggies and tastes oh, so good. Enjoy for lunch or cut into smaller pieces for an easy party appetizer.

Food Styling: Dan Macey, www.dantasticfood.com
Photography: Todd Trice, www.toddtrice.com

Ingredients

- 1 tablespoon butter
- 2 cloves garlic, minced
- 2 portabella mushroom caps, coarsely chopped (about 2 cups)
- 1 (6-ounce) bag of baby spinach
- 1 cup shredded Monterey Jack or Pepper Jack cheese
- 4 (10-inch) flour tortillas
- Low fat sour cream or salsa (optional)

Directions

Preheat oven to 350 degrees F. Melt butter in a skillet over medium heat. Add garlic and mushrooms; cook and stir occasionally for 5 minutes. Mix in spinach and stir frequently for 2-3 minutes, or until spinach is wilted.

Place tortillas on a baking sheet coated with vegetable spray. Spread one-fourth of the mushroom mixture on one side of the tortilla. Sprinkle ¼ cup of cheese on top. Fold tortilla in half over the filling; press firmly to seal. Repeat with remaining tortillas. Bake in oven for 10 minutes or until quesadillas are golden brown.

Cut each quesadilla in half and serve with sour cream and/or salsa for dipping.

Makes 4 servings : Each recipe serving equals 1 1/2 cup servings of vegetables

Nutrition analysis per serving: Calories 361, Protein 15g, Fat 16g, Calories from Fat 25%, Cholesterol 29mg, Carbohydrates 40g, Fiber 3g, Iron 4mg.