

The Ultimate Quesadilla

Here's how to make classic Mexican and Tex-Mex cheese quesadillas! Make it yours with your favorite add-ins and toppings.

Preparation Time: 5 min.

Cooking Time: 7 min.

Servings: 1per person

Ingredients:

Amount	Ingredient	Cost – date:
Large	Flour Tortillas	
	Grated Cheese- mild or sharp cheddar or Monterey Jack	
	Olive oil or Butter	
OPTIONAL:	Sliced Mushrooms	
	Green Onions	
	Peppers (red, yellow, green) – pre-cooked	
	Black Olives, sliced	
	Fresh Tomatoes, diced	
	Chicken pieces, pre-cooked	
	Avocado	
	Lettuce	
	Apple Cider Vinegar	
	Salt	
		Cost for the total recipe:
		Cost for 1 serving:

Preparation:

1. Heat the tortillas until air pockets form: Heat a large skillet (cast iron works great) on medium high heat. Add a small amount of oil (about 1/2 teaspoon) and spread it around the bottom of the pan with a spatula (or butter). Take one large flour tortilla and place it in the pan. Flip the tortilla over a few times, 10 seconds between flips. Air pockets should begin to form within the tortilla.
2. Add cheese and other ingredients: When pockets of air begin to form, take a handful of grated cheese, sprinkle over the top of the tortilla, making sure that the cheese does not land on the pan itself. Add whatever additional ingredients you choose - green onion, pre-cooked peppers, sliced mushrooms, olives, tomatoes, etc. If you would like your quesadilla to be a chicken quesadilla, add some diced cooked chicken. Take care not to layer on the ingredients too thickly or it won't fold!
3. Lower heat and cover pan: Reduce the heat to low and cover the pan. The pan should be hot enough by now to have plenty of residual heat to melt the cheese and brown the tortilla. If the quesadilla begins to smoke too much, remove from the heat. After a minute, check to see if the cheese is melted. If not, return the cover and keep checking every minute until the cheese is melted.
4. Fold tortilla over: When the cheese is sufficiently melted, use a spatula to lift up one side of the quesadilla and flip over the other side, as if you were making an omelette. The tortilla should by now be browned slightly. If it is not browned, turn the heat up to high and flip the quesadilla over every 10 seconds or so until it gets browned.
5. Remove quesadilla from pan and cut into wedges: To make the lettuce to accompany the quesadilla, thinly slice some iceberg lettuce. Sprinkle some cider vinegar on it and some salt. Serve with the lettuce, salsa, sour cream, and guacamole.

SOURCE: www.simplyrecipes.com/recipes/quesadilla/