



Apple Spinach Cheddar Quesadillas

Prep time: 5 min

Cook time: 10 min

Makes: 4 quesadillas

INGREDIENTS

- 4 whole wheat tortillas
- 1 cup shredded cheddar cheese
- 1 medium apple
- 1 cup spinach leaves
- Cooking spray or butter

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Slice the apple and chop the spinach.
2. Sprinkle 2 tbsp of shredded cheese over one half of a tortilla.
3. Place several apple slices on top of cheese.
4. Spread 1/4 cup spinach over apples.
5. Sprinkle 2 tbsp of cheese on top of spinach and fold tortilla in half.
6. Repeat with remaining tortillas.
7. Heat cooking spray or butter in skillet over medium-high heat.
8. Cook quesadillas until the cheese melts and the tortillas are golden brown on both sides.

In the USA, a **quesadilla** is usually made with a flour tortilla and any cheese. In some parts of Mexico, a quesadilla is made with a fresh corn tortilla and Oaxaca cheese. In many Central American countries, a quesadilla is a sweet cheese bread or cake!