

Recipe of the Week

November 26, 2018



Spinach quesadillas

Ingredients

- 4 cups fresh baby spinach
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 cup shredded Monterey Jack cheese or Mexican cheese blend
- 1/4 cup reduced-fat ricotta cheese
- 6 flour tortillas (6 inches)
- Sour cream (optional)

Directions

1. In a large nonstick skillet, cook and stir first six ingredients until spinach is wilted. Remove from heat, and stir in cheese(s).
2. Cover half of each tortilla with spinach mixture, and fold other half over filling. Place on griddle coated with cooking spray.
3. Cook over medium heat until golden brown, 1-2 minutes per side. Then, cut quesadillas in half. Serve with sour cream if desired.

Recipe adapted from Taste of Home