

Quick & Easy Quesadillas

Quesadillas are an easy way to use up leftover meat, beans, and veggies. Simply add cheese to your favorite type of tortilla, wrap, or pita, and heat it up.

Ingredients (Pick From Each Column)

Grain:

- 1 Tortilla
- 1 Pita
- 1 Wrap

1/2 cup of easy melting, finely shredded cheese:

- Cheddar
- Swiss
- American
- Mozzarella
- Monterey Jack
- Oaxaca
- Muenster
- Pepper Jack

Cooked or fresh vegetables, beans and/or meat:

- Chicken (cooked)
- Pork (cooked)
- Black beans
- Corn
- Kimchi
- Mushrooms
- Onions
- Greens such as spinach, swiss chard, kale

Extra Ingredient: Butter



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Directions

Optional toppings:

- Avocado
- Plain Greek yogurt
- Salsa
- Sour cream
- Pico de gallo

1. Heat up a large pan on a stove over medium-low heat.
2. Melt 1 Tbsp of butter and place one of the tortillas in the pan.
3. Sprinkle half of your choice of shredded cheese on one half of the tortilla or wrap along with veggies, beans, and/or meat. Sprinkle the rest of the cheese over the veggie filling and fold the other half of the tortilla or wrap over the filling.
4. Toast until the bottom is slightly brown and flip over to brown the top.
5. Once both sides are toasted and the cheese has melted, remove from heat and serve.
6. If using a pita, slice it open with a knife and stuff it with the filling. Place in pan with melted butter and cook until browned on both sides and the cheese is melted.



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