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Super Quesadillas

By Liz Barbour

Servings 4

- 1 package of 8 large whole wheat soft tortillas
- 2 cups shredded cheddar cheese
- 2 Tbs prepared salsa, mild with no preservatives
- 1 ½ cups baby spinach, chopped
- 1 medium zucchini, shredded
- 1 cup cilantro, roughly chopped

1. Combine all of the ingredients (except the tortillas) in a bowl and toss to combine.
2. Place the filling on half of the tortilla and fold over.

2 ways to cook your tortillas:

1. Place the filled tortillas on a baking pan and heat in a 350° oven until the cheese is melted.
2. Heat a large skillet and place the filled quesadilla in with no oil. Heat on one side and turn over and continue cooking until cheese is melted.

*Things to add to your quesadillas:

Cooked chicken, cooked hamburger, ham, sliced turkey, black beans, shredded zucchini, sliced tomatoes, scrambled eggs, sliced grapes, sliced avocado