

SPINACH QUESADILLAS

(From the Moosewood Restaurant's "Cooking for Health")

(yields 4)

Ingredients

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| 1 Tbsp olive oil | ¼ tsp salt |
| 2 cups onion , finely chopped | ¼ tsp black pepper |
| 1 fresh chili , minced
<i>(or a sweet pepper, if you prefer)</i> | 4 whole wheat tortillas ,
or your favorite kind |
| ~5 cups chopped fresh spinach (coarsely
chopped with large stems removed) | 1 cup grated cheese
(such as Monterey Jack) |
| pinch of dried oregano | |

Instructions

1. In a large saucepan on medium-high heat, warm the oil and cook the onion and chilis for about 4–5 minutes, or until softened. Add the spinach, oregano, salt and pepper. Stir until the spinach has wilted, a minute or two. Remove from the heat and drain.
2. Place one of the tortillas in a dry skillet on medium heat. Sprinkle on ¼ cup of the cheese. After about a minute, when the cheese has begun to melt, spread ¼ of the drained spinach mixture over ½ the tortilla. Fold the tortilla over the spinach and cheese to make a ½ circle and cook for a minute. Turn the quesadilla over and cook until the cheese is thoroughly melted.
3. Remove tortilla, slice into wedges, and dip in your favorite salsa. Repeat with remaining tortillas.