Spinach and Mushroom Quesadilla

Yield: 6 servings, 4 slices per serving
Total Time: 25 minutes

Ingredients
- 2 Tablespoons olive or canola oil, divided
- ½ pound baby Bella mushrooms, sliced
- ¼ teaspoon salt, divided
- 8 ounces frozen chopped spinach, drained and squeezed dry
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- 8 whole wheat tortillas
- 6 ounces shredded mozzarella or other favorite cheese
- 1 fresh jalapeño pepper, seeded and diced
Optional toppings: salsa, guacamole, or fat free sour cream or Greek yogurt.

Preparation Instructions
1. Preheat oven to 450 degrees.
2. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add mushrooms, sprinkle with half the salt, and cook, stirring, until browned, about 7 minutes. Set aside.
3. In a large bowl, combine spinach, cumin, coriander and remaining salt. Brush tortillas with remaining 1 tablespoon of oil.
4. Lay 4 tortillas on baking sheets and top evenly with spinach, mushrooms, cheese and jalapeño. Cover with remaining tortillas, press down firmly, and bake until tortillas begin to brown and crisp, about 12 minutes.
5. Cool a few minutes, then cut each into 6 wedges and, if desired, serve with your choice of toppings.

Nutrition Analysis
Per serving: 340 calories; 14g fat (3.5g saturated, 0g trans); 15mg cholesterol; 570mg sodium*; 34g carbohydrate (3g dietary fiber; 2g sugar); 15g protein.
Vitamin A 25%, Vitamin C 6%, Calcium 25%, Iron 10% Daily Value.

*For a lower sodium meal, omit added salt and choose a tortilla with less than 250mg of sodium per serving.

Cost
Per serving: $1.45
Total ingredient cost: $24.67

Modified from www.wholefoods.com
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