



Crispy and Cheesy Quesadillas

Makes 4 servings

8 large (9"-10") flour tortillas

2 teaspoons vegetable oil (divided)

**2-3 cups filling (chopped tomatoes,
lettuce, onions, herbs etc.)**

2 cups shredded cheese

Prepare the 2-3 cups filling. Heat 1/2 teaspoon oil in the skillet; use just enough to coat the bottom and warm over medium to medium-high heat. Lay a tortilla in the skillet and top with 1/2 cup cheese. Spread 1/2 cup filling in an even layer over the tortilla. When the cheese is melted and bottom of the tortilla is spotted with golden brown, add another tortilla and flip it over. Allow the bottom tortilla to brown, then transfer to a cutting board, slice into wedges and serve.

Farmers Market Food Safety Tips

- Store hard, semi-hard and semi-soft cheese near front part of refrigerator. Generally, cheese should not be frozen as it will alter the flavor and texture. Grated cheese keeps well in freezer and can be added directly into recipes.
- Keep cheese wrapped in waxed paper, grease-proof paper or foil to maintain air circulation, yet not allow cheese to dry out.
- Shelf life for cheeses vary; generally, softer cheeses have a shorter life span.

Nutritional Info Per Serving:

Calories 209; Fat 7.1 g; Carbohydrates 31.4 g; Fiber 1.5 g; Protein 5.1 g; Sugars 1.7 g; Sodium 472.7 mg

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.