

Spinach Quesadillas

(contributed recipe from Maria Schaller, Life from Scratch)

Makes: 4 servings

Ingredients:

1 tbsp olive or avocado oil
½ lb spinach, tough stems removed and leaves chopped
½ cup onion or leeks, finely chopped
½ cup scallions, finely chopped
2 garlic cloves, minced
1 egg
½ tsp salt
⅜ tsp ground black pepper
1 pinch nutmeg
2 tbsp fresh parsley, finely chopped
2/3 cup crumbled feta cheese
4 8-inch wheat tortillas
1 cup shredded mozzarella cheese

Directions:

Preheat oven to 425°F.

Heat oil in a large skillet over medium heat. Add the onion, scallions, and garlic. Sauté for about 3 minutes, until starting to soften. Add spinach to skillet and cook, stirring frequently, for about 2-3 more minutes, until wilted. Let cool for about 10 minutes.

In a large bowl, lightly beat the egg and then whisk in the salt, pepper, nutmeg and parsley. Stir in the cooled spinach mixture. (NOTE: Be sure that the spinach mixture is not too watery. If necessary, squeeze out any excess moisture before adding to the egg mixture.) Add the crumbled feta and stir to combine.

Grease a large baking sheet with olive or avocado oil. Lay out the tortillas on a flat surface (or right on the baking sheet). Sprinkle 2 tablespoons of the shredded mozzarella over only one half of each tortilla. Top the mozzarella with a quarter of the spinach mixture, distributing it evenly and leaving a thin border at the edge. Sprinkle another 2 tablespoons of shredded mozzarella over the spinach mixture on each tortilla. Fold each tortilla in half, pressing down slightly. Arrange the quesadillas on the baking sheet.

Bake the quesadillas in the upper third of the oven for 10 minutes, flipping halfway through. Remove from oven and let rest on a cutting board for 5 minutes. Cut each tortilla into thirds and serve. Enjoy!