

Easy Vegetarian Quesadillas with Spinach and Mushrooms

Baked Spinach Mushroom Quesadillas



OVEN
425°F

TIME
6 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 4 flour tortillas (8-inch)
- 1 cup shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 3 cups spinach, roughly chopped
- 8 oz mushrooms, sliced
- Olive oil, for brushing (optional)

DIRECTIONS

1. Preheat the Oven: Preheat your oven to 425°F (220°C).
2. Line a baking sheet with parchment paper or lightly grease it.
3. Sauté the Veggies: In a skillet over medium heat, cook sliced mushrooms for 5-6 minutes until browned and tender.
4. Add chopped spinach and cook another 1-2 minutes until wilted.
5. Season with a pinch of salt and pepper.
6. Assemble the Quesadillas: Lay out 2 tortillas on the baking sheet.
7. Sprinkle half of the cheddar and mozzarella on each.
8. Add a layer of the spinach mushroom mixture, then top with remaining cheese.
9. Place a second tortilla on top of each and press gently.
10. Bake: Lightly brush the tops of the quesadillas with olive oil for extra crispness (optional).
11. Bake for 8-10 minutes, flipping halfway through if desired, until golden brown and crisp.
12. Slice and Serve: Let cool slightly, then slice into wedges.
13. Serve with sour cream, salsa, or a drizzle of hot sauce.

SWAPS & NOTES

Cheese Options : Monterey Jack or pepper jack work great in

place of mozzarella/cheddar.

Add Protein : Toss in some black beans or leftover shredded chicken.

Tortilla Tips : Use whole wheat or low-carb tortillas if

preferred.

Vegan Version : Swap for dairy-free cheese and sauté veggies in plant-based butter.

TIPS FOR SUCCESS

Sauté mushrooms first to prevent soggy quesadillas-mushrooms release a lot of moisture!

Bake on a wire rack over a tray for extra crispness on both sides.

Don't overfill or the filling may spill out while baking.

Add red pepper flakes or chipotle powder for a spicy kick.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-vegetarian-quesadillas-with-spinach-and-mushrooms/>