

Healthy-ish and Totally Comforting: Baked Spinach Mushroom Quesadillas

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OVEN
400°F

TIME
3 min

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INGREDIENTS

- 4 large flour tortillas
- 2 cups fresh spinach, chopped
- 1 cup mushrooms, sliced
- 1 cup shredded cheese (cheddar, mozzarella, or a blend)
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper, to taste

DIRECTIONS

- 1.** Preheat the Oven: Set your oven to 400°F (200°C) and prep a baking sheet or dish.
- 2.** Sauté the Veggies: In a skillet over medium heat, warm the olive oil. Add the onion and garlic and cook until translucent, about 2-3 minutes. Stir in the mushrooms and spinach, cooking until tender and wilted. Season with salt and pepper.
- 3.** Layer the Quesadillas: In your baking dish, place a flour tortilla down. Sprinkle a layer of shredded cheese, then a layer of the spinach-mushroom mixture. Top with another tortilla. Repeat until all ingredients are used, forming stacked quesadillas.
- 4.** Bake to Perfection: Bake in the oven for 10-15 minutes, or until the tortillas are lightly golden and the cheese is melted. If you want extra crisp, broil for the last 1-2 minutes.
- 5.** Slice & Serve: Remove from the oven, let cool slightly, then slice into wedges or squares and serve warm.

SWAPS & NOTES

Cheese : Try pepper jack for a spicy kick or add crumbled feta for tang.

Add protein : Stir in some cooked shredded chicken, like in these Chicken Enchiladas.

Vegan version : Use dairy-free cheese and a bit more olive oil in the filling.

Mushroom tip : Baby bella or cremini mushrooms add a deeper flavor than white button.

TIPS FOR SUCCESS

Use a pizza cutter for super clean slices.

If your tortillas puff during baking, lightly press them down halfway through.

For added texture, brush the top tortillas with a little olive oil before baking.

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

Original recipe: <https://chefmaniac.com/healthy-ish-and-totally-comforting-baked-spinach-mushroom-quesadillas/>