

Crispy Oven-Baked Spinach and Mushroom Quesadillas: An Easy Sheet Pan Recipe

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OVEN
400°F

TIME
5 to 7 min

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INGREDIENTS

- 4 Large Flour Tortillas: Burrito-sized works best for folding.
- 2 Cups Fresh Spinach: Finely chopped so it distributes evenly.
- 1 Cup Mushrooms: Cremini or white button mushrooms, thinly sliced.
- 1 Cup Cheese: Shredded mozzarella or sharp cheddar.
- 1/2 Cup Cream Cheese: Softened to room temperature for easy mixing.
- 1 tbsp Olive Oil: For sautéing the mushrooms.
- 1/2 tsp Garlic Powder: For that essential savory kick.
- Salt and Pepper: To taste.

DIRECTIONS

- 1.** Prep the Oven and Pan: Préchauffer le four à 400°F (200°C). Line a large baking sheet with parchment paper. This is the secret to easy cleanup and ensuring the tortillas don't stick.
- 2.** Sauté the Mushrooms: Heat the olive oil in a large skillet over medium heat. Add the sliced mushrooms. Cook them for about 5 to 7 minutes. Pro Tip: Don't salt them immediately; let them brown first to develop a deep, umami flavor.
- 3.** Wilt the Spinach: Add the chopped spinach to the skillet. Stir constantly for about 1-2 minutes until the spinach has completely wilted. Season the mixture with garlic powder, salt, and pepper.
- 4.** Create the Creamy Filling: Remove the skillet from the heat. Stir in the softened cream cheese. The residual heat from the vegetables will melt the cream cheese, creating a thick, savory sauce that coats the mushrooms and spinach.
- 5.** Assemble the Quesadillas: Lay the tortillas flat on a clean surface. Spread the mushroom and spinach mixture over exactly one half of each tortilla. Sprinkle the shredded mozzarella generously over the filling and fold the tortilla in half.
- 6.** The Bake: Place the folded quesadillas on the prepared baking sheet. Lightly brush the tops with a little more olive oil or use a cooking spray to ensure a golden-brown finish. Bake for 10 to 12 minutes, flipping halfway through, until the edges are crispy and the cheese is bubbling.
- 7.** Slice and Serve: Let them rest for 2 minutes before slicing into wedges. This allows the cheese to set slightly so the filling doesn't slide out.

SWAPS & NOTES

The Tortillas: If you are looking for a lower-carb option, you can try a similar filling inside a 3-ingredient egg wrap.

The Cheese: For a bit of spice, swap the mozzarella for Pepper Jack.

The Veggies: Feel free to add diced bell peppers or caramelized onions if you have them on hand.

Vegan Option: Use a plant-based cream cheese and a vegan shred to make this entirely dairy-free.

TIPS FOR SUCCESS

Drain the Veggies: If your mushrooms or spinach release a lot of liquid in the pan, drain it before adding the cream cheese.

Excess moisture is the enemy of a crispy quesadilla.

Room Temp Cream Cheese: Make sure your cream cheese is truly soft.

If it's cold, it won't incorporate smoothly and you'll end up with "clumps" of cheese rather than a uniform filling.

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

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