

## Baked Spinach and Mushroom Quesadillas That Turn Out Crispy and Cheesy Every Time

Baked Spinach/Mushroom Quesadillas



**OVEN**  
**400°F**

**TIME**  
**5 min**

**METHOD**  
**Air fryer**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 8 large flour tortillas
- 2 cups fresh spinach, chopped
- 1 cup mushrooms, sliced
- 1 cup shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and pepper, to taste
- Cooking spray

### DIRECTIONS

1. Preheat the oven: Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper or lightly coat it with cooking spray.
2. Sauté the filling: Heat the olive oil in a skillet over medium heat. Add the sliced mushrooms and cook for about 5 minutes, until they release their moisture and begin to turn golden. Stir in the chopped spinach and cook for another 1 to 2 minutes, just until wilted. Season with garlic powder, onion powder, salt, and pepper. Remove from the heat.
3. Assemble the quesadillas: Lay 4 tortillas flat on a clean work surface. Sprinkle mozzarella and cheddar on one half of each tortilla. Spoon the spinach and mushroom mixture over the cheese, then add another light layer of cheese on top. Fold each tortilla in half to create a semicircle.
4. Bake until crisp: Place the folded quesadillas on the prepared baking sheet. Lightly spray the tops with cooking spray. Bake for 8 to 10 minutes, flipping halfway through, until the tortillas are golden and the cheese is fully melted.
5. Slice and serve: Let the quesadillas cool for about a minute, then slice into wedges and serve warm with salsa, sour cream, or guacamole.

### SWAPS & NOTES

Mozzarella and cheddar are a great blend here because mozzarella gives you that irresistible stretch, while cheddar adds a sharper flavor.

You can also swap in Monterey Jack, provolone, or a Mexican-style shredded cheese blend if that is what you have on hand.

Baby bella mushrooms work especially well because they have a deeper flavor than plain white mushrooms, but either will work.

Be sure not to skip sautéing the mushrooms first.

## TIPS FOR SUCCESS

The biggest tip for success is making sure the mushroom mixture is not too wet.

Mushrooms naturally hold a lot of water, so let them cook long enough for that moisture to evaporate before adding the spinach.

It is tempting to pile in more filling, but keeping the layers moderate helps them stay sealed and crisp in the oven.

A final spray of cooking spray on top really helps with browning, so it is worth the extra step.

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

Original recipe: <https://chefmaniac.com/baked-spinach-and-mushroom-quesadillas-that-turn-out-crispy-and-cheesy-every-time/>