

Quickie Quesadillas



Makes:

8 servings, ¹/₂ quesadilla each

Utensil:

10" Electric Oil Core Skillet

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Contributed By:

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Recipe Description:

These delicious quesadillas are quick and easy to whip-up for appetizers or for the kids when they come home from school. Add a salad and this can be a light and simple dinner.

8
whole-wheat tortillas

³/₄
cup
hummus
(180
g)

1
cup
salsa
(259
g)

2
green onions, thinly chopped

Directions:

1. Preheat the electric skillet to 350°F/177°C.
2. Place 1 tortilla in the electric skillet and allow to cook for 3-5 minutes until desired crispiness.
3. On the second tortilla, spread a thin layer of hummus.
4. Spread $\frac{1}{4}$ cup salsa over hummus with a spoon or fork. Sprinkle with $\frac{1}{4}$ of the green onions.
5. Remove first tortilla from the electric skillet and place on the top of the second tortilla.
6. Place the entire "quesadilla" into the electric skillet, with the uncooked tortilla on the metal surface, and cook for 3-5 minutes until desired crispiness.
7. Slice into 4 equal pieces and serve.

Tips:

- This is an infinitely versatile recipe to which almost any vegetable or shredded cheese (non-dairy for vegan) can be added. Try diced tomatoes, shredded carrots or finely chopped broccoli.

Nutritional Information per Serving

Calories:

149

Total Fat:

5g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

487mg

Total Carbs:

22g

Dietary Fiber:

3g

Sugar:

2g

Protein:

5g