
Food for the Soul

Your Quesadillas

Main Dishes

2 10-inch flour tortillas	or canned w/green chilies, drained
2 T 80% vegetable oil shortening or butter	1/4 t finely chopped fresh cilantro (coriander)
2/3 C grated Colby-Jack cheese	1/4 C diced left-over chicken,
2 t diced onion, fresh or sautéed, or	or beef fajitas or 1 slice bacon, cooked and crumbled
1/8 t onion powder	dash of salt
1 t diced canned jalapenos,	Other optional add-ins: chopped black olives
or green chilies	mushrooms, bell pepper, green onions
1/4 C chopped tomato, fresh,	Suggested side dressings: guacamole,
	sour cream and salsa

Instructions

Have all above listed items prepared and handy. Heat a large skillet over medium heat. Spread margarine on one side of each tortilla. Place one tortilla, butter-side-down, in the hot skillet. Sprinkle the cheese evenly onto the tortilla, leaving a 1-inch margin around the edge. Scatter the onion, jalapenos, tomato, cilantro, and meat over the cheese. Lightly salt and top off with the remaining tortilla, margarine-side-up. When the bottom tortilla has browned, flip the quesadilla over and grill the other side for the same amount of time. Remove from the skillet and, using a pizza cutter or sharp knife, cut the quesadilla three times through the middle, making six "pizza" slices. Serve hot with guacamole, sour cream and salsa. Leftovers reheat well in a 350 degree oven for 5-8 minutes when spread out on a cookie sheet, but only if they were not previously smothered with side dressing.

--Paden Lynch, age 17
