

Fast 'N Easy Quesadillas

Ingredients

4 pieces round lavash bread

8 ounces (2 cups) shredded cheese - Monterey Jack, Cheddar, Pepper Jack or a combination

4 ounce can whole green chili peppers, drained and diced

3- 4 scallions, thinly sliced

Ground cumin

Mise en place! (Everything in its place)

Directions

1. Spray 12 inch skillet with cooking spray. Heat over low-medium heat.
2. Sprinkle 2 oz. (about ½ cup) of cheese over bottom half of lavash.
3. Lightly sprinkle green chilies, scallions and cumin over cheese.
4. Fold top half over bottom half and press down firmly.
5. Repeat with 2nd piece of lavash.
6. Place the two quesadillas in pan with curved edges conforming to outer edge of pan, forming circle.
7. Toast 1-2 minutes until light brown. Turn over and toast other side.
8. Remove from skillet onto cutting board. Cut in desired number of pieces. Cut off curved edge to create a triangle for a more attractive appearance.
9. Serve with salsa and sour cream.

[Link to Video](#)

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Filling Options:

Cooked, diced chicken or sausage

Chopped olives

Shredded zucchini & black beans

Low fat cheese

Smoked gouda or cheddar cheese

Soy cheese

Diced, cooked vegetables

Toasted, chopped nuts

Diced artichoke hearts & spinach

Use your imagination – Get creative!

[Link to Video](#)