

Cheese Quesadilla

Prep Time: 2 min Cook Time: 4 min

Chef's Tools

Large skillet
Cheese grater
Cutting board
Spatula
Sharp knife

Ingredients

2 flour tortillas
3-4 oz. shredded cheddar cheese



1 Heat a skillet on medium heat; do not use any oil or butter



2 Place one tortilla in skillet; allow it to cook for 1 min; using tongs, flip tortilla to other side



3 Place cheese on tortilla; if you want to add green chiles, jalapeno, black beans or salsa, add it now



4 Place a tortilla on top of cheese



5 Use a spatula to gently press down on top tortilla to flatten the cheese; cook for 2 minutes then flip and cook on the other side 2 more minutes



6 The quesadilla is done when you can see a bit of cheese oozing out from the tortilla