

SPINACH PIZZA QUESADILLAS

SERVES 4

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If you need to make some sautéed spinach:

1 Tablespoon unrefined extra-virgin olive oil

3 cloves of garlic, minced

1 pound frozen chopped spinach, defrosted and squeezed of excess water (I do this in a thin, clean dish towel)

sea salt to taste

4 whole spelt, sprouted grain or your favorite tortillas

½ cup marinara sauce

1 cup shredded mozzarella or vegan cheese (Daiya is my favorite vegan cheese)

Pecorino Romano or Parmesan cheese, to taste

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1. Preheat your griddle to 350 degrees or a large, heavy skillet over medium heat.
2. Heat the olive oil in a medium sized skillet over medium heat, add the garlic and sauté until fragrant, about 30 seconds. Add spinach and a pinch or two of salt and break up with wooden spoon or spatula. Sauté until heated through, about 5 minutes.
3. If you are using a cast iron or non-stock griddle or skillet, place a tortilla on the griddle or skillet dry without any oil or butter. If using stainless steel, you may need a teaspoon of oil to prevent sticking. Spread 2 Tablespoons of marinara sauce on half of the tortilla. Follow with ¼ cup mozzarella cheese, a sprinkling of pecorino or parmesan, if desired, and ¼ cup spinach mixture on top of cheese. Fold the tortilla in half to make a quesadilla.
4. Allow quesadilla to sit on griddle until underside is lightly golden brown and flip over. Cook until cheese is melted.
5. Slice in half or in thirds and serve.

Note: This could be made with any leftover veggies, other options include: mushrooms, peppers, broccoli, kale. It also makes a nice lunch for school if your kids don't mind eating it at room temperature.