

Cheese Quesadilla

This cheese and tortilla treat is easy to make and a good protein and carb combo. It's a good after school snack or whenever you need a quick bite.

Ingredients:

Cheese: Use your favorite kind, American, cheddar, a cheese stick. Around a handful of shredded or one slice or stick.

Tortilla: Use your favorite kind, corn or flour.

Cooking spray

Heat a skillet and then spray the pan to keep tortilla from sticking.

Place tortilla on hot pan.

Sprinkle or place cheese on tortilla.

When cheese begins to melt, fold tortilla or place another one on top like a sandwich.

Flip tortilla to heat other side. Heat until tortilla is slightly browned, warm, and cheese is melted.

Transfer quesadilla to plate. Cut into sections and let cool. Enjoy plain or with a sauce you like.

Quicker and easier version

Place cheese into tortilla of your choice and onto a microwave safe dish. Heat in micro for one minute.

Carefully remove, let cool, and then eat!

