



Quesadillas

Makes 1 serving

1 flour tortilla
2 Tablespoons shredded cheese
Chilies, cut in strips or salsa (optional)

1. Place the cheese and chili strips or salsa on the tortilla and fold it in half.
2. Place the tortilla on a microwave safe plate.
3. Heat in microwave 10-15 seconds or until the cheese melts.

