

# Spinach and Mushroom Quesadillas

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 12-15 minutes

Serves: 2-3

**CChints:** You will need 1 roasted red bell pepper for this recipe. You can roast one in the oven which takes time or you can buy a small jar of them on the isle with the pickles. To bring up the flavor of refried beans combine it with a can of your favorite chili.



15 ounce can refried beans  
2/3 cup of your favorite canned chili  
4 soft small flour tortillas, 8 inches  
1 Tablespoon olive oil  
8 ounce carton of slice baby portabella mushrooms  
1 cup thinly sliced sweet yellow onion  
1 roasted red bell pepper, cut into thin slices and 1 inch lengths  
1 glove minced garlic  
16 ounce bag prewashed baby spinach  
1/2 teaspoons salt, divided  
Dash of fresh black pepper  
1/2 cup shredded 5 Italian cheese blend  
2 ounces of goat cheese  
1/2 cup of your favorite salsa  
Serve with chopped green onions

Prepare the oven. Put the racks in the center and 1 level down. Preheat the oven to 425 degrees F and line 2 large baking sheets with foil lightly sprayed with nonstick spray or silicone baking mats.

In a sauce pan mix the refried beans with the chili. Cover and allow the simmer while the rest of the meal cooks.

Heat the oil in a large nonstick skillet over medium heat. Add the mushrooms and onions and cook for 5 minutes until both are tender, stirring occasionally. Add the bell pepper, 1/4 teaspoon salt and garlic. Stir for 1 minute just to get them warm. Use a slotted spoon to transfer the mixture to a large bowl.

Reduce the heat, leaving the liquid in the skillet and add the spinach. It won't all fit at first, but stir every 30 seconds and the spinach will start to wilt so you can keep adding more to the skillet. Sprinkle with salt and pepper. When it is all wilted, use the slotted spoon again and transfer the spinach to the bowl with the mushroom mixture.

Lay 2 of the tortillas out on the baking sheet and divided the mushroom and spinach mixture among the 2 tortillas. Crumble the goat cheese on top and lay the other tortillas on top.

Bake for 5 minutes on the bottom rack. Then move it to the top rack and turn the pan around. Bake until they are golden and crisp. During this time, check on the refried bean mixture and remove it from the heat. Remove from the oven and slide onto a cutting board and cut into 4 wedges. Garnish with green onions and serve with salsa and refried beans.