Spinach

Served This Week at Lunch

FLORIDA SPINACH QUESADILLAS

4 medium sized tortillas, corn or whole grain
Vegetable oil for cooking
1 1/2 c. cheese, graded
2 green onions, washed and chopped
12 oz. fresh spinach, chopped
1 tsp seasoning blend

- Preheat a large sauté pan over medium high heat.
- Lay all 4 tortillas on a clean working surface. Evenly distribute only half of the cheese on half of each tortilla.
- Evenly distribute all the spinach and green onion over the cheese side of each tortilla. Lightly add seasoning blend on top of the spinach.
- Top the spinach with the rest of the cheese, and fold each tortilla in half. Cook quesadillas in the sauté pan until golden brown and melted.
- Serve warm with salsa.

Yield 4 servings



SPINACH IS PREDOMINANTLY GROWN IN:
Orange, Palm Beach

MyFloridaTray

Eat right. Eat local. Exercise. Have fun!

Protein	Grain	Milk
Vegetable	Fruit	

Florida Department of Agriculture and Consumer Services
Adam H. Putnam, Commissioner
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