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Easy Cheesy Quesadillas

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Eating Mexican food out at restaurants can be troublesome for the FODMAPer; this simple quesadilla recipe will allow you to get your Mexican fix at home - quite deliciously and safely for your digestion.

Course: Appetizer, Dinner & Lunch, Snack

Cuisine: American, Mexican

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Makes: 2 Servings

Calories: 566 kcal

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Ingredients:

- 4 ounces (115 g; about 2 1/2 cups) very finely shredded cheese, such as cheddar, Monterey jack, pepper jack or Colby or a mixture, divided
- 4 gluten-free tortillas, 7 to 9 inches; 17 cm to 23 cm across, such as Food for Life Brown Rice Tortillas, Engine 2 Plant Strong Brown Rice Tortillas or Trader Joe's Brown Rice Tortillas

Optional Add-ins:

- Shredded chicken
- Shredded turkey
- Shredded pork
- Grilled fish or shrimp
- Leftover diced steak
- Leftover cooked rice
- Sautéed slivers or dice of bell peppers
- Cooked corn kernels, limit to 1/4 cup; 32 g
- Chopped tomatoes
- Sautéed greens, chopped, such as spinach, kale or Swiss chard
- Crumbled feta or goat cheese
- Blue cheese, recipe may not be gluten free
- Finely chopped scallions, green parts only, either inside or on top after cutting
- Ripe firm diced Hass avocado, up to "1/8 avocado" (30 g) per serving, added on top after cutting
- Lactose free sour cream, dolloped on top after cutting

Preparation:

1. Coat a 12-inch (30.5 cm) nonstick or cast iron skillet with nonstick spray or lightly brush with vegetable oil and heat over low-medium heat.
2. Place one tortilla in pan and cover with half the cheese. Add in any of the optional fillings at this time but do not overload the quesadilla. Place second tortilla on top. Turn heat up to medium and cook for 1 to 3 minutes or until the bottom is golden brown in spots here and there. Use a broad spatula to flip quesadilla and cook second side until it is dotted with golden brown crispy spots. Transfer quesadilla to cutting board and cut into wedges with a knife or pizza cutter. Serve immediately with Salsa for dipping or ladle it on top. Top with optional scallions, avocado or sour cream at this time.

Notes:

Tips

- Note that we say that 4 ounces (115 g) of cheese yields about 2 1/2 cups shredded. Depending on how you shred your cheese - classic box grater, fine rasp style grater, course rasp style grater, etc. - you will get different volumes. We use a coarse rasp style grater to make very fluffy shredded cheese for this recipe. The light textured shreds melt particularly well. Once you make these once or twice you will understand how to measure the amount of cheese by eye; you are simply aiming to cover the bottom tortillas with a complete but not over-packed layer of cheese.
- If you use brown rice tortillas other than the brands suggested, make sure to read the labels. Some contain inulin (chicory root), soybean flour and other ingredients that contain FODMAPs. Remember, just because the label says gluten-free doesn't necessarily make it OK. You can make these with corn tortillas, however, corn tortillas are typically about 6-inches (15 cm) across so the amount of cheese needed will be less. Just eyeball it.

Nutrition Facts

Easy Cheesy Quesadillas

Amount Per Serving

Calories 566 Calories from Fat 243

% Daily Value*

Fat 27g	42%
Sodium 348mg	15%
Carbohydrates 55g	18%
Protein 24g	48%

* Percent Daily Values are based on a 2000 calorie diet.