

Sincronizadas

SERVINGS: 6



INGREDIENTS

6 flour tortillas, 8"

3 oz Oaxacan cheese, shredded

6 oz ham, thinly sliced

1-2 tbsp Mexican Salt-Free Spice Blend

As needed, oil spray



Recipe Facts

per serving



\$0.73



2 oz-equivalent grains



1/4 c dairy



1 oz-equivalent protein

PREPARATION

1. In a small bowl, combine cheese and spice blend until evenly distributed. Using more of the blend will result in a spicier quesadilla.
2. On half of one tortilla, evenly spread 1 tablespoon of shredded cheese mixture. Top with a 1-ounce slice of ham. Top ham with an additional 1 tablespoon of cheese. Fold tortilla over into a half-moon, pressing it down slightly. Repeat build with remaining ingredients.
3. Spray oil into a skillet over medium heat. Place one quesadilla in skillet and cook on each side until golden brown. Repeat with remaining builds.
4. Cut each quesadilla into 4 wedges and serve with desired toppings.



Tester Feedback



"I liked how easy the recipe was. It's a quick lunch for my kids or anyone really. The cheese was good and the seasoning kicked it up a notch. The ham could easily be replaced with any protein and I really liked the flavor."



Suggested Toppings

- Avocado
- Pico de gallo
- Salsa verde or rojo
- Lime crema