

# *Sautéed Mushrooms, Onions, and Melted Cheese Quesadilla*

*By: Cooking with a Wallflower*

## Ingredients:

4 tortillas  
Cooking oil spray  
1 tablespoon olive oil  
1/8 cup water  
10-15 large mushrooms, sliced (2 cups)  
1/2 bulb onion, sliced  
2 teaspoons Italian seasoning  
2 teaspoons crushed red pepper, or to taste  
1 cup of cheese  
Pinch of salt, to taste

Yields: 2-4 servings

## Directions:

First, slice the mushrooms and the onions.

In a skillet, add olive oil over medium to low heat. Add onions to the skillet and cook for a minute. Now add 1/8 cup water to keep the onions from burning. When the onions start to turn a golden brown and translucent, add the mushrooms. Add more water if the mushrooms and onions seem to be cooking too fast or drying out. Once the mushrooms begin to soften, add Italian seasoning and crushed red pepper. Then sprinkle a pinch of salt to taste. Cook until the mushrooms have completely softened. Remove the skillet from the heat and set aside.

Spray cooking oil in a large skillet. Place a tortilla in the skillet over low heat, but keep an eye on the tortilla to make sure it doesn't burn. Add 1/4 cup cheese over the tortilla. Next add the mushrooms and onions mixture on top. Add 1/4 cup more cheese making sure to sprinkle cheese on the edges of the tortilla. Lastly, place a second tortilla on top. Placing cheese on the edge of the tortilla will ensure that the quesadilla will be sealed by the melted cheese.

Place a hand over the top tortilla and a spatula under the bottom tortilla. Flip the quesadilla over to the other side and heat the second tortilla until it turns golden brown and slightly crispy. Plate the quesadilla when ready, and cut into 6 slices with either a knife or a pair of scissors. Repeat with the second quesadilla.

Serve the quesadillas warm. Enjoy!