

Tofu Quesadillas

Yield: 2 Servings

Serving Size: ½ Tortilla

Ingredients:	Amount:
Cheese, Fresh Shredded	½ cup
Tofu, Firm	4 oz
Tortilla, Whole Wheat	2 Each
Salsa	½ cup

Method of Production:

1. Slice Tofu into ¼ inch slices; set to the side
 2. In a large sauté pan or on a skilled, bring pan to a medium heat
 3. When pan is hot, lightly coat with pan spray to prevent sticking
 4. Place one tortilla in the pan; on top of the first tortilla place the tofu evenly spaced and sprinkle shredded cheese on top, then top with the second tortilla
 5. Let cook for 1 minute, then flip and let cook for one more minute on the other side
 6. Slice with a pizza cutter or large knife into 6 sections
 7. Put the slices onto a plate surrounding a cup of salsa and serve hot!
- Feel free to add other items to this recipe as you like! Try chicken or black beans to add some protein, and you can also put sour cream and guacamole on the side for an extra treat!!