EASY CHEESY QUESADILLAS

2 teaspoons butter

2 medium sized flour tortillas

2 cups shredded cheddar cheese

Non-stick cooking spray as needed

Spread 1 teaspoon butter on one side of each tortilla. Spray non-stick spray in a skillet and heat skillet on medium flame. Fold tortilla in half (buttered side touching the pan) and lay the tortilla into the skillet. Spread 1 cup shredded cheese inside the tortilla half. Mash the tortilla flat with a spatula. Fry in skillet until brown and cheese begins to melt, then turn tortilla over in pan and repeat until brown on the other side. Remove cooked Quesadilla from pan and place on a plate. Cut Quesadilla in half with a pizza cutter. Repeat the instructions for the second tortilla. Quesadillas may be served with optional salsa or sour cream.

Makes 2 servings.

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