

Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla

25 Minutes to the Table

25 Minutes Hands On

2 Whisks Easy

Our members say it best: "The quesadilla was fantastic. It was tasty, easy and fun to make! Kinda like pizza AND the grape tomato topping was so GOOD." What could be that delicious? This caprese-inspired quesadilla layers basil pesto, spinach, balsamic-glazed tomatoes and lots of mozzarella in a warm tortilla. It's a dinner you don't want to miss.

Getting

Add Protein Cooking Instructions

Organized

Integrate into recipe: Prior to Step 2, cook the protein (per instructions below) then slice into strips (flake the salmon, leave shrimp whole) and load into the quesadillas in Step 3.

EQUIPMENT

Large Skillet
Bowl

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

FROM YOUR

PANTRY

Olive Oil
Salt & Pepper

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.
STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

6 MEEZ

CONTAINERS

Tomatoes
Balsamic
Glaze
Spinach
Tortillas
Basil Pesto
Mozzarella

Good To Know

If you're making the gluten-free version, we've given you corn tortillas. They're smaller than flour tortillas, so you'll make two round quesadillas per person, rather than one half-moon.

If you're making the vegan version, skip the mozzarella and make a pesto and spinach foldover. Cook the vegetables and heat the tortillas according to the instructions, then spread on the pesto, fill with the spinach and tomatoes and cook until heated through.

Health snapshot per serving – 595 Calories, 31g Fat, 26g Protein, 6g Fiber, 19 Smart Points

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Tomatoes, Spinach, Flour Tortillas, Mozzarella Cheese, Basil, Almonds, Balsamic Vinegar, Brown Sugar, Lemon Juice, Olive Oil, Garlic

meez meals

1. Getting Organized

Heat 1 Tbsp of olive oil in a large skillet over medium heat.

2. Cook the Vegetables

Add the **Tomatoes** and cook until they pop and most of the liquid has evaporated, 5 to 10 minutes. Add the **Balsamic Glaze** and cook another 2 minutes. Transfer to a bowl and return the skillet to the heat.

Add the **Spinach** and a good pinch of salt. Cook until it just wilts, about 1 to 2 minutes.

3. Assemble the Quesadillas

Wipe out the skillet with a paper towel, and then heat 1 Tbsp of oil over medium heat. Place one **Tortilla** into the skillet and move around to lightly coat the bottom with oil. Repeat each time you're making a new quesadilla.

Spread the **Basil Pesto** on the tortilla and then add some of the wilted spinach and **Mozzarella** on one side. Fold one side over and cook until golden, about 2 to 3 minutes on each side.

4. Put It All Together

Cut the quesadillas into pieces and serve topped with the glazed tomatoes. Enjoy!

We like to assemble the quesadillas in the pan so there's no risk of a mess.

If there's extra liquid with the tomatoes, just leave it behind. You don't want to make the quesadillas soggy.

Instructions for two servings.

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