Air Fryer Quesadilla

Ingredients (makes 2 quesadillas):

- **2 flour tortillas**
- **½ cup shredded cheese**

Instructions:

1. **Take a damp paper towel and place it over your tortillas for a few minutes or until you can fold them. Once the tortillas are pliable, place ¼ cup of cheese on half of each tortilla and fold the other half over the cheese**
2. **Place these in the air fryer and cook them at 375 degrees for 4-6 minutes or until slightly brown. Then, flip the quesadilla and cook for an additional 2-3 minutes.**

Cooking Tip: Put parchment paper or tin foil in the bottom of your air fryer to catch any cheese or oil. Parchment paper also makes for an easier clean-up.

Nutrition Fact: Adding chicken to your quesadilla can add extra protein.

Substitution: For a lower-fat option, you can use fat-free or reduced-sodium cheese.

Nutrition Facts

Servings: 1 Calories: 250 Sodium: 600mg Fat: 13g
Saturated Fat: 12g Protein: 10g Sugar: 1g Carbs: 25g

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