**Cheese Quesadillas**

**Ingredients:**

½ C cheddar cheese

4 -5 flour tortillas

Pam Spray

**Directions:**

1. Spray the frying pan with Pam cooking spray.

2. Place one tortilla on a plate. Spread one half of the tortilla with 2 Tablespoons of Cheese.

3. Fold the uncovered half of the tortilla over the filled side.

7. Repeat process with second tortilla.

7. Put the frying pan on a burner and turn to medium.

8. Using a spatula, put the two tortillas next to each other in the

frying pan.

9. Cook the tortillas for about three minutes, occasionally pressing

on the top of the tortilla to ensure that the cheese melts. Lift the

edge of the tortilla up to check if the tortilla is browned.

10. Place the spatula under the tortilla and gently flip the tortilla

over. Cook another three minutes or until brown. Cut in pieces.