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Mushroom Quesadillas



Andrew Scrivani for The New York Times

By MARTHA ROSE SHULMAN

Published: March 14, 2011


Mushrooms make a meaty quesadilla filling. If you cook them in advance and keep them in the refrigerator, you can slap these together in a pinch.

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garlic, chili, and salt and pepper. Cook, stirring, for another minute. Stir in the cilantro or epazote, and remove from the heat. Taste and adjust seasoning.

2. In a microwave:

Place a corn tortilla on a plate. Top with half the mushrooms, and spread in an even layer. Sprinkle on half the [cheese](#), and top with another tortilla. Press down gently, then

1 tablespoon extra virgin olive oil

1 shallot, minced (optional)

6 ounces regular or wild mushrooms, trimmed and sliced about 1/4 inch thick

1 to 2 garlic cloves, minced

1 jalapeño or serrano chili, minced (seeded for a milder flavor)

1 tablespoon chopped cilantro or epazote

Salt and freshly ground pepper

4 corn tortillas

2 ounces grated Monterey Jack, Cheddar, or mixed cheeses (1/2 cup)

Salsa for serving (optional)

1. Make the mushroom filling. Heat the oil over medium heat in a large, heavy frying pan. Add the shallot. Cook, stirring, until tender, about three minutes. Stir in the mushrooms. Cook, stirring, until tender and juicy, about five minutes. Add the

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microwave for 1 to 1 1/2 minutes, until the cheese has melted. Remove from the microwave, cut into quarters or sixths and serve. Repeat with the remaining ingredients.

*In a pan:* Place a corn tortilla in a pan. Top with half the mushrooms, and spread in an even layer. Sprinkle on half the cheese. Turn the heat to medium-high, and heat until the cheese begins to melt. Place another tortilla on top of the cheese, and press down lightly. Flip the quesadilla over in the pan, and heat for about 30 seconds or until the cheese has melted. Flip back over, and remove to a plate. Cut into quarters or sixths, and serve. Repeat with the remaining ingredients.

**Yield:** Two quesadillas.

**Advance preparation:** The cooked mushrooms will keep for three or four days in the refrigerator. Reheat gently before assembling the quesadillas.

**Nutritional information (per quesadilla):** 256 [calories](#); 6 grams [saturated fat](#); 1 gram polyunsaturated fat; 5 grams monounsaturated fat; 30 milligrams [cholesterol](#); 18 grams [carbohydrates](#); 3 grams [dietary fiber](#); 232 milligrams sodium (does not include salt to taste); 11 grams protein

*Martha Rose Shulman is the author of "The Very Best of Recipes for Health."*

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