

DINNER

# Mushroom Quesadillas

4 October 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 45 min     | 20 min | 25 min | 4      | \$1.79      | 556 kcal |



Mushroom Quesadillas is a lacto ovo vegetarian hor d'oeuvre. This recipe makes 4 servings with 572 calories, 26g of protein, and 35g of fat each. For \$1.79 per serving, this recipe covers 21% of your daily requirements of vitamins and minerals. Only a few people made this recipe, and 7 would say it...

## Ingredients

- ☐ 3 tablespoons butter, plus more as needed
- ☐ 1 sprigs Optional garnishes: Sour cream, cilantro salsa
- ☐ 4 10-inch (10-inch) flour tortillas
- ☐ ½ teaspoon kosher salt
- ☐ 10 ounces white mushrooms, sliced
- ☐ ½ teaspoon chili powder
- ☐ 2 ounces crumbled feta cheese, about 1/2 cup
- ☐ ¼ cup coarsely chopped fresh cilantro leaves
- ☐ 8 ounces grated Monterey jack cheese, about 2 1/2 cups

## Method

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- 1 Watch how to make this recipe.
- 2 Preheat the oven to 350 degrees F. Line a baking sheet with aluminum foil.
- 3 Melt 2 tablespoons of the butter in a medium skillet over medium-high heat.
- 4 Add the mushrooms, shake the pan to distribute them evenly in the pan, and then cook without moving until the mushrooms begin to brown, about 5 minutes. Do not salt.
- 5 Add the remaining tablespoon butter along the sides of the pan if the pan seems very dry. Toss the mushrooms, and continue to cook until nicely browned, about 2 to 3 minutes more. Season mushrooms with the chili powder and salt and cook 1 minute more. Stir in the cilantro and set aside.
- 6 Toast the tortillas directly on a medium gas burner, turning occasionally until slightly blistered on each side. (If you have an electric burner, do this in a dry cast iron skillet.)
- 7 Place the tortillas on the prepared baking sheet.
- 8 Spread the jack cheese on one half of each tortilla, top with some of the mushrooms, and then sprinkle with the feta. Fold the other half of the tortilla over the filling, to make a half moon shape.
- 9 Lay another sheet of foil over the quesadillas.
- 10 Bake until the cheese melts, about 12 minutes.
- 11 Serve whole or sliced into wedges, with optional garnishes.

### Nutrition per serving

**556**

KCAL

**24 g**

PROTEIN

**35 g**

FAT

**38 g**

CARBS

Saturated Fat

20.3 g · 127% of daily needs

Fibre

3.3 g · 13% of daily needs

Sugar

4.3 g · 5% of daily needs

Sodium

1,383 mg · 60% of daily needs

Cholesterol

85.9 mg · 29% of daily needs

Vitamin C

1.8 mg · 2% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/mushroom-quesadillas-147811](https://whatsheate.com/mushroom-quesadillas-147811)