Skillet Apple and Cheddar Breakfast Quesadillas

2 folded quesadillas, cut into 4 wedges; 2 servings · Active 15 min · Total 30 min

Skills: Confident beginner

Ingredients

- 1 large crisp apple, cored and thinly sliced (180 g prepared weight)
- 1/2 small red onion, thinly sliced (50 g)
- 2 teaspoons olive oil (10 ml), divided
- 1 tablespoon water (15 ml)
- 2 medium flour tortillas, about 8 inches (20 cm) wide (100 g total)
- 2 teaspoons Dijon mustard (10 g)
- 3/4 cup grated sharp cheddar (80 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

10-inch (25 cm) nonstick skillet, Spatula, Plate

Allergens

Wheat, Milk, Mustard. Check labels and substitutions.

Make it

1. Heat 1 teaspoon of the oil in the skillet over medium heat. Add the apple, onion and water. Cook for 6–8 minutes, stirring, until the onion softens and the apple is just tender. Add the pepper and transfer to a plate. Wipe the pan clean if necessary.

2. Spread 1 teaspoon of mustard over half of each tortilla. Put a quarter of the cheese on each mustard-coated half, add half the apple mixture to each, then top each with another quarter of the cheese. Fold the bare half over the filling.

3. Return the skillet to medium-low heat and brush with half the remaining oil. Add one folded quesadilla. Cook for 2–3 minutes per side, turning carefully, until the tortilla is golden and the cheese melts. Repeat with the other quesadilla and remaining oil.

4. Leave each cooked quesadilla for 1 minute before cutting it into two wedges. Serve immediately. Keep any portion for later refrigerated promptly rather than leaving it in the skillet.

A one-person head start

If cooking for one, refrigerate half the cooked apple mixture and half the cheese in separate containers. Assemble the second tortilla only when you are ready to cook it.

A useful detail

A sharp cheese gives plenty of flavor at this quantity. Extra cheese can escape around the folded edge and burn before the middle is hot.

Keep it well

Refrigerate cooked filling or leftover quesadillas within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat assembled wedges to 165°F/74°C in a covered skillet over low heat, uncovering briefly to crisp. For chilled transport, use two cold sources and refrigerate at work.