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Apple, Sauerkraut, and Cheddar Quesadillas

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- 1 cup(s) sauerkraut, rinsed
- 1/2 cup(s) water
- 2 medium tortilla(s), flour, (9-10-inch, burrito-size)
- 1 1/3 cup(s) cheese, cheddar, reduced-fat, grated
- 1 small apple(s), Granny Smith, (or other tart, juicy apple), peeled and very thinly sliced

Preparation

1. Put sauerkraut and water in a medium nonreactive skillet. Gently heat just until the liquid has evaporated but not so much that the sauerkraut begins to stick to the pan. Remove from the heat.
2. Gradually heat a large cast-iron over medium heat. Put one tortilla in the pan and immediately sprinkle 1/3 cup cheese over half of it. Quickly arrange about half the apple slices over the cheese, then top with half the sauerkraut, spreading it evenly. Sprinkle with another 1/3 cup cheese.
3. Fold the tortilla over the filled half and press gently on it with a spatula to seal. Heat the quesadilla until the bottom is golden, about 2 minutes, then carefully flip and lightly brown the other side.
4. Slide the quesadilla onto a cutting board and cut it into halves or quarters. Prepare the second one in the same fashion.

***Variation:** If you like, a little chopped ham tastes wonderful layered in with the other ingredients.

