

# Quick Sausage Quesadillas



## Ingredients

6 Italian sausages, hot or mild  
1 sweet bell pepper, finely chopped  
1 tomato, finely chopped  
¼ cup / 50 mL pitted black olives, diced  
3 cups / 750 mL shredded mozzarella cheese  
½ cup / 125 mL grated Parmesan cheese  
1 tsp / 5 mL dried basil leaves  
1 clove garlic, minced  
Pinch red pepper flakes  
5-6 large flour tortillas  
Cooking spray

## Directions

1. Preheat oven to 400°F.
2. Remove sausage meat from casings.
3. In large skillet, cook sausage meat over medium-high heat until lightly browned, breaking up larger pieces with spatula, about 10 minutes. Transfer to plate lined with paper towels to drain grease.
4. In large bowl, combine sausage meat with bell pepper, tomato, olives, cheeses, basil, garlic and hot pepper flakes.
5. Lightly coat one side of tortilla with cooking spray. Place coated side down on a parchment-lined baking sheet.
6. Spoon about ¾-cup of mixture on one half of each tortilla. Fold unfilled side over and press edges together.
7. Bake quesadillas in preheated oven for 10-12 minutes or until golden brown.
8. Allow to cool slightly and then cut each tortilla into four wedges.

## Additional Info

- **Cut:** Sausage
- **Prep Time (Minutes):** 20

- **Cook Time (Minutes):** 10
- **Number of Servings:** 20-24 wedges