Table of Contents

- Description
- Can This Baked Spinach Mushroom Quesadillas Recipe Support Weight Loss Goals?
- Does Baked Spinach Mushroom Quesadillas Fit a High Protein Lifestyle?
- My Personal Experience
- Perfect For:
- Why You'll Love This Recipe:
- Common Mistakes to Avoid:
- Required Equipment:
- Storage Instructions:
- Recipe Details
- Nutrition Facts (Per Serving – Approximate):
- Notes:

Description

These Baked Spinach Mushroom Quesadillas offer a savory blend of earthy cremini mushrooms, tender wilted spinach, and gooey melted cheese baked to golden perfection. Using low-carb tortillas and protein-rich mozzarella, this recipe delivers maximum flavor and crunch without the excess carbs or mess of traditional frying. It is an ideal, high-protein vegetarian meal that comes together quickly for busy weeknights or healthy meal prep.

Can This Baked Spinach Mushroom Quesadillas Recipe Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by featuring high-volume, low-calorie vegetables paired with lean protein sources. The combination of dietary fiber from spinach and mushrooms alongside protein from cheese keeps you full and satisfied, preventing overeating later. Baking instead of frying minimizes added oil and fats, keeping total calories controlled while delivering a nutrient-dense macronutrient balance.

Does Baked Spinach Mushroom Quesadillas Fit a High Protein Lifestyle?

These quesadillas seamlessly fit into a high-protein lifestyle by providing roughly 22 grams of protein per serving through low-moisture mozzarella, Greek yogurt, and low-carb protein

tortillas. Utilizing nutrient-dense spinach and sautéed mushrooms keeps net carbs down to just 6 grams while maximizing micronutrients like iron and potassium. It serves as a wholesome lunch or dinner option that fuels muscle recovery without weighing you down with excessive carbohydrates.

My Personal Experience

- Effortless Batch Cooking: Baking multiple quesadillas on a single sheet pan saves time compared to stovetop frying while achieving an evenly crispy shell every time.
- Long-Lasting Fullness: The combination of sautéed mushrooms, wilted spinach, and melted cheese leaves me feeling genuinely satisfied for hours without any post-meal sluggishness.

Perfect For:

- High-protein low-carb weeknight dinners
- Quick vegetarian post-workout meals
- Low-carb and keto-friendly meal plans
- Satisfying high-protein lunch prep for work or school

Why You'll Love This Recipe:

- Sheet-Pan Convenience: Baking them all at once in the oven eliminates standing over a hot stove flipping individual quesadillas.
- Crispy & Cheesy Texture: The oven creates a perfectly crisp tortilla crust while locking in rich, melted cheese and savory sautéed vegetables.

Common Mistakes to Avoid:

1. Not Draining Mushroom and Spinach Moisture: Excess liquid from cooked vegetables makes the tortilla soggy instead of crispy.

2. Overfilling the Quesadillas: Adding too much filling causes the ingredients to spill out and prevents the edges from sealing properly.

3. Baking at Too Low a Temperature: Baking below 400°F (200°C) dries out the tortilla before it can achieve a golden-brown crunch.

4. Using Ultra-Wet Mozzarella: Fresh mozzarella packed in water releases too much moisture during baking; use low-moisture shredded cheese instead.

Required Equipment:

- Large Baking Sheet: Holds multiple quesadillas flat for even heat distribution and maximum crispiness.

- Non-Stick Skillet: Ensures mushrooms and spinach sauté evenly without sticking or scorching.

- Parchment Paper: Prevents the tortillas from sticking to the baking pan and simplifies cleanup.

- Pastry Brush: Allows light, even application of olive oil onto the outer tortillas for ideal golden browning.

Storage Instructions:

Allow leftovers to cool completely before placing them in an airtight glass container, separated by parchment paper. In the refrigerator, they remain fresh, crispy, and high-protein friendly for up to 4 days. For freezer storage, wrap individual quesadillas tightly in aluminum foil and freeze for up to 2 months; reheat directly from frozen in an oven or air fryer.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 15 minutes
- Total Time: 30 minutes
- Servings: 2 servings (2 full quesadillas)
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~310 kcal *(approximate estimate)*

A fast, oven-baked low-carb quesadilla filled with savory sautéed spinach, mushrooms, and melted high-protein cheese. Perfect for busy weeknights, vegetarian meal prep, and clean eating. Crispy on the outside, warm and rich on the inside.

 Ingredients:

- 2 large Low-Carb Protein Tortillas *(look for options with 3-5g net carbs each)*
- 1 1/2 cups Cremini or Button Mushrooms *(sliced; wash and dry thoroughly before slicing)*
- 2 cups Fresh Baby Spinach *(packed)*
- 3/4 cup Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1/4 cup Plain Non-Fat Greek Yogurt *(mixed into filling or used for serving)*
- 2 cloves Garlic *(minced)*
- 1 tsp Olive Oil *(for cooking veggies, plus extra for brushing)*
- 1/2 tsp Italian Seasoning

- Pinch Salt and Black Pepper *(to taste)*

Directions:

1. Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper.

2. Heat 1 teaspoon of olive oil in a non-stick skillet over medium-high heat. Add sliced mushrooms and cook for 4–5 minutes until browned and moisture evaporates.

3. Reduce heat to medium, add minced garlic and Italian seasoning, and cook for 1 minute until fragrant. Add fresh spinach and cook for 1–2 minutes until completely wilted (visual cue: deep green color with no standing liquid in the skillet). Remove from heat and season with salt and pepper.

4. Warm the low-carb tortillas in the microwave for 10 seconds to make them pliable.

5. Lay tortillas flat on the prepared baking sheet. Spread 2 tablespoons of Greek yogurt over half of each tortilla, top with half the shredded mozzarella, then the warm spinach-mushroom mixture, and finish with the remaining cheese. *(High-protein tip: Layering cheese under and over the vegetables helps bind the high-protein filling together as it melts).*

6. Fold the un-topped half of each tortilla over the filling to form half-moons. Lightly brush the tops with olive oil.

7. Bake at 400°F (200°C) for 12–15 minutes, flipping gently halfway through, until the edges are golden-brown and the cheese is completely melted and bubbly.

8. Slice each quesadilla into wedges and serve warm.

Nutrition Facts (Per Serving – Approximate):

- Calories: 310 kcal

- Fats: 13 g
- Cholesterol: 25 mg
- Sodium: 520 mg
- Potassium: 480 mg
- Total Carbohydrates: 22 g
- Fiber: 16 g
- Net Carbs: 6 g
- Sugars: 3 g
- Protein: 22 g
- Calcium: 420 mg

Notes:

- Storage Tips: Store leftovers cold in airtight glass containers; avoid plastic bags to prevent condensation build-up.
- Reheating Instructions: Reheat in an oven or air fryer at 375°F (190°C) for 4–5 minutes; avoid microwaving to preserve the crisp shell.
- Allergy Notes: Gluten-free low-carb tortillas can be used for gluten sensitivity. Dairy-free cheese alternatives can replace mozzarella if needed.
- Flavor Boosts: Add a pinch of red pepper flakes, crushed goat cheese, or a drizzle of hot honey before folding for extra kick.