Ingredients

* Soft flour tortillas
* Chickpea salad
* 5 bell peppers, diced
* Cheddar cheese, grated
* Fresh spinach, chopped

Procedure

1. Put a nonstick skillet on low/medium heat.
2. On a cutting board, lay one tortilla down and smear a spoonful of the chickpea salad (optional), spinach, peppers, and cheese on top.
3. Place second tortilla on top and press down firmly, making sure the ingredients don't spill out the sides.
4. Cook tortilla for 2 minutes, pushing down with a spatula to ensure the cheese melts.
5. Turn the tortilla over and cook for 2 minutes on the other side. Wipe any melted cheese off the pan in between cooking quesadillas.