Cheesy Quesadilla

**Ingredients:**

* 5 large flour tortillas
* 2 cup shredded cheese
* 1 small bell pepper
* 1 small onion, peeled and sliced
* Optional: leftover beef or chicken
* 1/4 teaspoon cumin
* 1/4 teaspoon chile powder

**Preparation:**

1. Seed the bell pepper and dice.
2. Chop onion.
3. In a small pan, heat 1 teaspoon of oil over medium heat, and sauté the peppers and onions for 3-4 minutes or until slightly limp.
4. While cooking them, sprinkle on the cumin and chile powder.
5. Place a tortilla on a warm griddle over low heat. Lightly toast both sides.
6. Sprinkle on some of the cheese and 1/5 of the peppers and onions.
7. Top with a little more of the remaining cheese and gently fold in half, and heat for 3 minutes on each side or until cheese is melted.
8. Remove and slice into wedges. Optional: Serve with guacamole and sour cream.