



# QUESADILLA YOUR WAY



## INGREDIENTS

### Makes 1 sandwich

- Flour Tortilla
- 1/4 Cup Cheese
- 1/4 Cup Fillings
  - Portobello, Peppers, Black Beans.
- 3 TBSP Olive Oil
- A pinch of salt
- A pinch of black pepper

## INSTRUCTIONS

### Prep the Ingredients:

- Shred the cheese using a box grater
- Slice the Portobello Mushrooms into strips.
- Slice the Peppers into strips.

### Sauté the Vegetables:

- Heat 1 tablespoon of olive oil or butter in a skillet over medium heat.
- Add the Portobello Mushrooms with a pinch of salt and pepper and sauté for about 5-7 minutes, or until tender and slightly browned. Remove from heat and set aside.
- Heat 1 tablespoon of olive oil or butter in a skillet over medium heat.
- Add the Peppers and sauté with a pinch of salt and pepper for about 5-7 minutes, or until tender and slightly browned. Remove from heat and set aside.

### Assemble Quesadilla:

- Sprinkle cheese and fillings on one half of the tortilla.
- Fold in half.
- Put 1 TBSP of olive oil over medium heat.
- Cook for 2 minutes, then turn and cook for 2 more minutes.

IS AN AVOCADO A  
FRUIT OR VEGGIE?

