

CHEESY VEGGIE QUESADILLA

Meal D, serves 2-3

Veggie Filling Ingredients:

3 Tbsp. lime juice
2 tsp. ground cumin
1/2 tsp. chipotle chile powder
1/4 tsp. Salt
1/4 tsp. black pepper
3 garlic cloves, minced
1 tsp. agave or maple syrup
1 bell pepper, sliced into thin strips
1 medium zucchini, sliced into thin strips
1/2 medium red onion, sliced into thin strips
3/4 cup black beans, drained and rinsed
4 (soft taco size) flour tortillas or gluten free
Optional: 1/4 cup chopped fresh cilantro

Cashew Cheese Spread Ingredients:

1/2 cup of raw cashews, soaked overnight if not using high speed blender
1 small clove garlic
1/2 Tbsp lemon juice
1 Tbsp nutritional yeast
1/4 cup water or more if needed
Pinch salt, optional

For Serving: optional

Pico de Gallo (or your favorite salsa)

1 tomato, chopped
1 jalapeno, chopped
1 small red onion, chopped
1 tablespoon of lime juice
Optional: 1 tablespoon cilantro

Guacamole, optional

Directions:

1. Stir lime juice, cumin, chipotle chile powder, salt, pepper, garlic and agave or maple syrup together in a large bowl. Add bell pepper, zucchini, and onion. Toss to coat. Marinate at room temperature for up to an hour or longer as desired.
2. Meanwhile prepare cashew cheese spread blending all ingredients until smooth and creamy. Add small amounts of water to reach desired consistency.
3. If using, assemble Pico de Gallo by mixing ingredients together in a small bowl; set aside.
4. Place a large skillet over medium-high heat. Once hot, add veggies and cook, flipping frequently, until most of the liquid has cooked off and veggies are tender-crisp, about 6 minutes. Remove from heat and add beans and optional cilantro. Flip a few times to incorporate, then transfer the mixture to a plate.
5. Using a non-stick skillet; place a tortilla onto skillet, spread on cheese mixture, add veggies/bean mixture to top, cover with another tortilla, press edges and grill until browned and crispy on bottom, about 4 minutes. Flip and grill until browned on opposite side, about 4 minutes more. Repeat until all quesadillas are cooked.
6. To serve: Top with Pico de Gallo and optional guacamole or with your favorite hot sauce or salsa.

Per serving: 486 calories, 19.1g fat, 80.8g carbs, 11.3g fiber, 10.4g sugars, 22.3g protein