

Veggie Quesadilla

Ingredients

2 cups Zucchini, shredded
1/4 cup Red onion, minced
1 Tbsp. Cilantro, finely chopped
1/2 tsp. Cumin, ground
1/2-1 tsp. Hot sauce
1/2 cup Mozzarella cheese
1 lb Chicken, shredded
3 each Tortillas, 6 inches
1/2 tsp. Avocado oil

Method

- In a large bowl combine, zucchini, onions, and cilantro into a strainer, allowing mixture to drain excess liquid.
- Once drained pour mixture into a bowl, add cumin, hot sauce, cheese, and chicken. Combine well.
- Heat sauté pan. Add oil and heat.
- Spread 1/2 cup of squash mixture onto 1/2 of the tortilla and fold the other half of the tortilla over.
- Cook tortilla on the first side until golden brown, then flip and repeat.
- Once both sides are brown, remove from heat and cut into 3 wedges.
- Serve with salsa, hot sauce, pico de gallo, or guacamole.

Nutrition Information

Servings: 6
Serving size: 3 triangles
Calories: 320
Fat: 12g
Carbohydrates: 30g
Protein: 30g
Fiber: 6g