



GARDEN QUESADILLAS

with Pico de Gallo and Chipotle Mayo

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

NUT FREE

VEGGIE



HELLO CHIPOTLE

Slightly spicy and subtly smoky



INGREDIENTS:

- Red Onion
- Red Bell Pepper
- Zucchini
- Dried Oregano
- Cilantro
- Roma Tomato
- Lime
- Mayonnaise (Contains: Egg, Soy)
- Chipotle Chili Powder 
- Flour Tortillas (Contains: Wheat)
- Mozzarella Cheese (Contains: Milk)
- Arugula
- Olive Oil

FOR 2 PEOPLE:

- 1
- 1
- 1
- 1 tsp
- ¼ oz
- 1
- 1
- 2 TBSP
- 1 tsp
- 4
- 1 Cup
- 2 oz
- 2 TBSP

FOR 4 PEOPLE:

- 1
- 2
- 2
- 2 tsp
- ¼ oz
- 2
- 1
- 4 TBSP
- 1 tsp
- 8
- 2 Cups
- 4 oz
- 4 TBSP

NUTRITION PER SERVING

519 cal | Fat: 29 g | Sat. Fat: 7 g | Protein: 18 g | Carbs: 49 g | Sugar: 11 g | Sodium: 734 mg | Fiber: 6 g

START STRONG

To save time during prep, line up the zucchini halves side by side and cut through both at the same time. All the veggies are hearty and won't discolor overnight, so you can even prep them a day ahead and store in the fridge.



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 400 °. Halve, peel, and thinly slice **onion**. Finely chop **2 TBSP onion** and set aside in a small bowl. Core, seed, and thinly slice **bell pepper**. Halve the **zucchini** lengthwise, then slice into half-moons.

2 ROAST THE VEGGIES

Toss **zucchini**, sliced **onions**, and **bell peppers** on a baking sheet with a drizzle of **olive oil**, the **oregano**, and a pinch of **salt** and **pepper**. Bake until softened and slightly caramelized, 12-15 minutes.

3 MAKE THE PICO DE GALLO

Finely chop **cilantro**. Core, seed, and dice **tomato**. Halve **lime**. Stir **tomatoes**, **cilantro**, and a squeeze of **lime** in the bowl with the chopped **onions**. Season to taste with **salt** and **pepper**.



4 MAKE THE CHIPOTLE MAYO

In another small bowl, combine **mayonnaise** and **chipotle chili powder** (start with a little and go up from there).



5 MAKE THE QUESADILLAS

Remove **veggies** from oven, and increase heat to 450 °. Drizzle one side of each **tortilla** with **olive oil**. Set two **tortillas** oil-side down on a baking sheet, and spread each with **1 tsp chipotle mayo**. Top with some roasted veggies and **mozzarella cheese**. Cover with another **tortilla**, oil-side up. Toast until melted and crisp, 3-5 minutes per side.



6 TOSS THE SALAD AND SERVE

Toss remaining veggies with **arugula**, a squeeze of **lime**, and a drizzle of **olive oil** in a large bowl. Season with **salt** and **pepper**. Slice **quesadillas** into wedges, and serve with **pico de gallo** and **salad**. Enjoy!

OLÉ!

You achieved the perfect ratio of cheese to veggies, which is NOT an easy feat.

