



MUSHROOM QUESADILLAS

Vegetarian (Vegan options)

SERVINGS: 4

INGREDIENTS

- 1 Tablespoon Olive Oil
- 1/2 cup dice onion
- 8 ounces mushrooms, sliced
- 1 Chipotle pepper in adobo sauce
- 1/2 tsp adobo sauce or to taste (can be hot)
- 2 cloves garlic, minced
- 2 Tablespoons peanut butter (or fav nut butter- we also like almond)
- 2 teaspoons coconut aminos (may use tamari or soy sauce)
- 1/2 cup Fav cheese or cheese substitute (We like to use 2 ounces feta and 4 ounces Monterey Jack Cheese)
- 4 Flour tortillas

Toppings of Choice

DIRECTIONS

The Sauce: Blend the Chipotle pepper and adobo sauce, garlic, nut butter, and liquid aminos until well blended, set aside.

Cooking the Mushrooms and onions: Heat the olive oil in a medium skillet over medium-high heat. Add the mushrooms, shake the pan to distribute them evenly in the pan. Allow mushrooms to sit undisturbed, about 5 minutes. Do not add salt - the sauce is salty. After the 5 minutes add the chopped onions. If the skillet seems to dry add a Tbsp of water. Stir mushrooms, and continue to cook until nicely browned, and onions are soft, about 2 to 3 minutes more. Add the Chipotle sauce and mix until mixed through and heated through. Add water a little at a time if it is too dry.

Taste the sauce and add salt if needed, it may not need it.

Prepare: Top one half of each flour tortilla with 1/4 of the mixture and 1/4 of the cheese and fold together. Place the tortillas in a pan or skillet over medium heat and cook until golden brown. Flip and toast the second side.

Serve with toppings of your choice. Option to add lentils or beans for more fiber and to make it more nutrient dense.