



## Vegan Veggie Quesadilla (serves 8)

### Ingredients:

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For the spice mix:

- 2 tsp each ground cumin and smoked paprika
- 1 tsp each ground black pepper, ancho chili powder, garlic powder, onion powder, salt

For the vegetables:

- 2 tbsp grape seed oil
- 1 red or yellow sweet bell pepper, medium diced
- 1 small green zucchini medium diced
- 1 yellow onion, medium diced
- 1 cup mushrooms sliced, domestic, portobello, shitake or mixed
- 4 ears of corn, remove the corn from the cobb

For the avocado:

- 2 ripe avocados mashed well
- 1 lime, juiced
- salt and pepper to taste

To assemble, cook, & serve the vegan quesadillas:

- 8 12 inch flour tortillas
- 2 cans vegan refried beans
- 2 cups vegan cheese shredded or sliced
- 1 cup chopped fresh cilantro
- 2 tbsp vegetable oil

### Instructions:

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Step 1

Prepare skillet on high heat. Once the oil is hot, add the onion, mushrooms, bell pepper, zucchini and sauté to caramelize the vegetables, add the corn and the seasoning at the end, mix and shut the heat off and let cool.

Step 2

Remove the avocado from the shell, add lime juice, salt and pepper and mash, tastes for seasoning.

Step 3

Lay out half of the tortillas, spread refried beans, then the avocado, add the cheese then add the vegetables on top evenly, add the chopped fresh cilantro and fold the tortilla in half to close it.

Step 4

Prepare a clean skillet over medium heat. Lightly brush oil on the top of each folded tortilla, place the quesadilla with the brushed oil side down. Once the base is browned and filling is getting warm, brush the top of the folded tortilla and flip it over, continue to cook until the filling is hot and the tortilla is golden. (4-5 minutes for each side). Serve with salsa.