

Gobble - Gobble Quesadillas

Don't think of pumpkin just for dessert! Spiced-up pumpkin puree adds tons of flavor and creamy texture to chicken or turkey quesadillas, letting you get away with using less cheese. Not only is pumpkin a fantastic source of heart healthy fiber, it also contains antioxidants including beta-carotene, so important for eye health. You can add additional healthy benefits by replacing chicken or turkey with fiber and protein rich black beans. Yum!

SERVES 1 - 2

5 Tbsp pumpkin puree (make sure it is not pumpkin pie filling)
1 tsp fresh Juice from ½ lime (or about 1 tsp bottled lime juice)
¼ tsp ground cumin
⅙ tsp dried oregano
¼ teaspoon chipotle chili powder
1 whole wheat tortilla (10" diameter)
¼ c shredded cheddar
¼ c shredded chicken or turkey breast (a great use for rotisserie chicken or leftovers)
1 tsp canola oil
Chopped scallions, for serving

- 1. WHISK** pumpkin, lime juice, cumin, oregano, pepper, and salt to taste.
- 2. SPREAD** pumpkin mixture on tortilla. Place cheese and chicken on one half of the tortilla; fold tortilla in half.
- 3. BRUSH** heavy-bottomed skillet with oil. Cook quesadilla in pan over medium-high heat until bottom is browned and crisp, 3 to 4 minutes. Flip and cook 3 to 4 minutes more.
- 4. SLICE** quesadilla into wedges. Serve topped with scallions.

