Savory Pumpkin Quesadillas

**Ingredients**
- 1 cup pumpkin puree
- 1 15 oz. can black beans, rinsed and drained
- ¼ cup chopped fresh cilantro (able to substitute in freeze dried)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 1 teaspoon smoked paprika
- 8 8" whole wheat flour tortillas
- 1 tablespoon unsalted butter or non-stick spray
- 8 ounces cheddar cheese shredded (or cheese of your choice)
- Guacamole, salsa, and cilantro for serving

**Instructions**
1. Combine pumpkin and black beans in a large bowl. Stir well. Next, add in cilantro, chili powder, cumin, salt, paprika, and cayenne, if using. Divide the filling into 4 portions.
2. Lay out 4 tortillas. Top each with a portion of the filling and spread to cover the tortilla. Top each with ¼ of the shredded cheese. Place the remaining tortillas over the filling to make 4 quesadillas.
3. For each quesadilla, melt a small portion of butter in a large skillet over medium-high heat. Add the quesadilla and cook for 3 to 4 minutes on each side, until the tortilla is golden brown, and the filling is warm.
4. Cut and serve alongside guacamole, salsa, and cilantro for toppings.

**Nutrition Information (without toppings)**
Serving 1 quesadilla, makes 4
432 calories, 74 g carbohydrate (4 g sugar, 16.5 g fiber) 10 g fat, 15 g protein 600 mg sodium

Adapted from Luci’s Morsels: [https://www.lucismorsels.com/pumpkin-quesadillas/](https://www.lucismorsels.com/pumpkin-quesadillas/)