

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/>



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