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VEGGIE QUESIDILLAS

INGREDIENTS

4 @sietefoods almond flour tortillas
1/2 sliced sweet onion
1 bell pepper sliced
1 cup baby spinach
1/2 avocado, sliced
4 oz shredded cheese
1 Tbsp avocado oil

PREPARATION

- 1 Place avocado oil in pan, add onion and peppers and sauté until they begin to brown.
- 2 Add spinach and stir until it begins to wilt.
- 3 Remove veggies from pan.
- 4 Warm up each tortilla in the pan on low heat for about 3-60 seconds per side, set aside.
- 5 Keep one tortilla in pan, layer with sautéed veggies, sliced avocado and 1/2 the cheese. Add top tortilla.
- 6 Cover and continue to heat on low heat for two minutes. Uncover and flip, cooking covered for another 2 minutes or until cheese melts.
- 7 Repeat for second quesadilla.
- 8 Cut up and dig in to enjoy, adding #hotsauce and/or salsa as desired!

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