

Pumpkin Quesadillas

Servings: 4

Ingredients:

- 2 cups canned pure pumpkin puree*
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 4 ounces goat cheese, crumbled
- ½ cup chopped walnuts, toasted
- ¼ teaspoon garlic powder‡
- 8-8 inch tortillas
- ¼ cup oil

Directions:

1. In a bowl, stir pumpkin, salt, garlic powder and cumin together.
2. Spread over 4 tortillas
3. Sprinkle with cheese and nuts.
4. Top with remaining tortillas. In a large skillet, heat 1 tbsp oil over medium-low heat. Cook quesadillas 1 at a time, turning once and adding more oil between batches, until browned, ~3 minutes.
5. Cut into wedges

*You can use canned pumpkin, fresh pumpkin, butternut squash, acorn squash or sweet potato mash.

‡You can use fresh garlic, just use 1 whole clove, crushed

Another alternative would be to take out the goat cheese and walnuts and add chickpeas and shredded cheese and try topping with lime-jalapeno yogurt (1 cup plain yogurt, + 1 T. lime juice + ½ t. lime zest + ½ t. cumin + 1 jalapeno, diced, seeds removed + sea salt)