

BUTTERNUT SQUASH QUESADILLAS

This is a great meal in the fall when butternut squash is everywhere. I am always looking for ways to make a favorite meal healthier and this combo of butternut squash, spinach, black beans, and goat cheese give this quesadilla a new twist. Top it off with my homemade guacamole and you have a hit on your hands.



INGREDIENTS

2 cups of diced butternut squash (can use pre-cut or prepared from scratch)

1 can black beans, drained and rinsed

1 cup of fresh goat cheese

6 corn tortillas

1 cup of spinach

2 tsp ground cumin

4 tbsp extra virgin olive oil

Sea salt and pepper to taste

Avocado Crema:

1 cup full fat greek yogurt

1 avocado, peeled, pitted and cubed

Juice of 1 lime

Sea salt and pepper to taste

¼ cup of chopped cilantro



BUTTERNUT SQUASH QUESADILLAS (CONTINUED)

METHOD

Preheat oven to 375 degrees. Line baking sheet with parchment paper

In large bowl, season the cut squash with cumin, sea salt, black pepper, and olive oil. Spread the squash out on baking sheet out on the baking sheet, making sure each piece has room.

Let squash roast for 35-45 minutes or until fork tender (fork slips in and out easily).

Making the Avocado Crema, puree the yogurt and avocado in a blender or food processor until smooth. Then add in the lime and cilantro.

Take three of your tortillas, smash squash down on tortilla, lay ¼ cup each of goat cheese and black beans. Then top all three tortillas with an additional tortilla.

In large sauté pan, melt one tbsp of coconut oil. Add quesadillas to pan and proceed to cook over medium heat until golden brown, then flip and repeat on other side.

Cut quesadillas and serve with a dollop of Avocado Crema.