



QUICK BRAIN QUESADILLA

INGREDIENTS

- 2 Cups chopped butternut squash
- 2 cups feta, crumbled or Swiss cheese grated
- 1 can black beans
- 1 cup spinach
- 8 small flour tortillas
- (Makes 8 small quesadillas or 3 large)

DIRECTIONS

1. Prepare ingredients ahead of time by peeling, chopping and steaming the butternut squash. An option is frozen squash and then microwave it.
2. Wash your spinach
3. Rinse your beans well.
4. Lay out each tortilla on a pan with parchment paper.
5. Cover each tortilla with smashed squash
6. Continue to sprinkle the rest of the ingredients on over top.
7. Bake in your prepared oven at 350 Degrees until cheese is melted, approx 10 minutes.

