

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Pumpkin, Goat Cheese and Walnut Quesadillas

INGREDIENTS:

- 1 cup canned or fresh pumpkin puree
- 1 teaspoon cumin
- Drizzle of honey
- Salt & Pepper to taste
- 8 (8-inch) flour tortillas
- 4 ounces crumbled goat cheese
- 1/2 cup chopped walnuts, toasted
- Nonstick cooking spray



DIRECTIONS:

- ♥ In small bowl, mix pumpkin, cumin, salt, pepper and honey together
- ♥ Spread mixture over half of each of the 8 tortillas, sprinkle with cheese and nuts.
- ♥ Fold tortillas in half.
- ♥ Heat a non-stick skillet over med heat, cook one quesadilla at a time, turning once so both sides get golden brown.

Option: you can sub feta for goat cheese, and cilantro for nuts.

Compliments of Eat Your Heart Out Edibles

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