

# Pepper Quesadillas



Recipe makes: 3 servings

Prep time: 30 minutes

Cook time: 20 minutes

## Ingredients

### Tortillas

2 cups low protein all-purpose baking mix (plus extra for dusting)

1 tsp baking powder

1 tsp fajita mix, dry

2 tsp psyllium husk

3/4 cup warm water

2 tsp olive oil

1 tsp tomato purée

### Filling

1 Tbsp olive oil

1/2 cup mushrooms, fresh, sliced

1 medium-sized red onion, finely chopped

1 cup red, yellow, and green peppers, thinly sliced

1 Tbsp red chili pepper, de-seeded and finely chopped

1/2 cup cilantro, fresh

1 clove garlic, crushed

2 tsp fajita mix, dry

2/3 cup vegan Mexican style cheese shreds

## Directions

### For the tortillas

1 In a medium-sized bowl add baking mix, baking powder, and 1 tsp of fajita mix.

2 In a separate bowl add remaining tortilla ingredients. Stir well and allow to stand for 5 minutes until thickened.

3 Pour the thickened mixture into the bowl of dry ingredients, and knead into a dough.

4 Dust a clean worktop surface with the low protein baking mix, and divide the dough into six equal parts.

5 Use a rolling pin to roll each part into 6 inch diameter circles.

6 Heat a dry frying pan over medium heat, and cook each tortilla for 30–60 seconds, until slightly brown on each side.

7 Set the tortillas aside to cool.

### For the filling

1 Heat oil in a large frying pan over medium heat.

2 Sauté mushrooms, onions, and peppers in the oil for about 5 minutes until soft.

3 Add cilantro and garlic, and continue to sauté for another 5 minutes.

4 Add 2 tsp of fajita mix and stir well until vegetables are coated.

5 Spread 1/3 of the pepper mixture onto a tortilla and sprinkle with 1/3 of the cheese shreds.

6 Place a tortilla on top.

7 Repeat steps 5 and 6 two more times.

8 Place each quesadilla in a panini press or a frying pan, and heat until the tortillas are golden and the cheese is melted.

### Nutrition Info Per Serving (1 quesadilla):

Calories: 480 | Protein: 2.5 g | Phenylalanine: 86 mg

**This recipe is suitable for those following a protein-restricted diet. Be sure to check with your healthcare professional to learn which recipes are appropriate for you.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Be sure to check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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