

# Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado, and Lentils

**Yield: 8 servings**

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese with dairy-free alternative

To make it low-FODMAP, avocado may be tolerated in small amounts

## Ingredients

8 tortillas (corn, flour, or alternative wrap)

1 cup red lentils, boiled until soft and mashed with a potato masher

1 zucchini, trimmed and diced

1 red bell pepper, trimmed and diced

1 yellow squash, trimmed and diced

1 Tbsp avocado oil

4 oz baby spinach

2 avocados

1 cup cheddar cheese, shredded

## Directions

1. Preheat a grill to 400°F.
2. Toss the zucchini, red bell pepper, yellow squash, avocado, and a pinch of salt in a large mixing bowl.
3. Place the vegetables on the grill. Cook until both sides are browned. They should be cooked through but not mushy.
4. Lay the eight tortillas out in a single layer on a cutting board.
5. Spread two tablespoons of the red lentil mash over half of the tortilla.
6. Layer the grilled zucchini, bell pepper, yellow squash, and baby spinach on top of the lentils.
7. Top with a few slices of the avocado and two tablespoons of cheese.
8. Fold the empty half of the tortilla over the filled half. Press lightly.
9. Heat avocado oil (1 Tbsp) in a sauté pan over a medium flame.
10. Gently lay the folded quesadilla in the heated sauté pan. Cook until slightly browned. Flip the quesadilla. Continue cooking until both sides are browned.
11. Remove the cooked quesadilla from the pan. Place it on a cutting board. Cut each quesadilla into four wedges to serve.

**Chef tip:** Add scrambled eggs to the quesadilla for a unique breakfast option.



Share your healthy eats  
with us @Wellbeats



Cheesy Quesadillas with  
Grilled Zucchini, Bell  
Pepper, Avocado, and  
Lentils

## Nutrition Facts

**Serving size 1** (6.8oz)

Amount Per Serving **192g**

**Calories** **389**

**% Daily Value**

**Total Fat** 17.3g **27%**

Saturated Fat 4.8g **24%**

**Cholesterol** 14mg **5%**

**Sodium** 422mg **18%**

**Total Carbohydrate** 46g **15%**

**Dietary Fiber** 8g **32%**

**Sugars** 3g

**Protein** 15g **30%**

Vitamin A **42%**

Vitamin C **55%**

Calcium **19%**

Iron **23%**