



VITAMIN

Vital health information in a minute

CRUNCHY GREEN GODDESS QUESADILLA

Meet a tasty and crunchy version of a quesadilla! Perfect for a lunch or dinner.

Ingredients:

- › 2 8-inch corn tortillas
- › 1 small zucchini, sliced, cooked
- › 1 cup kale, chopped and cooked
- › ½ cup baby spinach
- › 2 tablespoons jalapeño, minced
- › ½ cup low-fat cheddar
- › ½ cup alfalfa sprouts
- › ¼ cup green goddess (see recipe)
- › 1 cup guacamole (see recipe)

All Green Guacamole:

- › 1 avocado
- › 1 lime, juiced
- › 12 cilantro leaves
- › 1 scallion, sliced
- › 1 teaspoon minced jalapeño

Directions:

Mash avocado and add all other ingredients.

Green Goddess Dressing:

- › ½ cup low-fat sour cream
- › 1 lemon, juiced
- › 2 tablespoons chopped cilantro
- › 2 tablespoons chopped tarragon
- › 3 tablespoons chopped chives
- › 1 garlic clove
- › 1 pinch kosher salt

Directions:

Place all ingredients in a food processor and pulse until smooth but herbs are still visible.

Directions:

Preheat a skillet over medium high heat. Spread an even layer of half the cheese on one of the tortillas. Top with zucchini, kale, spinach, jalapeño and then another layer of cheese. Top with green goddess dressing and the other tortilla. Griddle until golden brown and cheese has fully melted. Garnish with alfalfa sprouts. Serve with guacamole.



**Click here to watch
a video of this
recipe being made.**

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