

VEGGIE QUESADILLA

(Serves 1-2)

INGREDIENTS

1-pack vegan-friendly flour tortillas
2 tablespoons vegan butter of choice or grapeseed oil
½ cup + a little more Violife Vegan Cheese Shreds; Cheddar or Mozzarella or both
1 small red onion; thinly sliced
1 tomato diced; reserve some for toppings
a handful of baby arugula, spinach, or baby kale (I USUALLY ADD ABOUT 6-7 LEAVES. ADD AS LITTLE OR MUCH AS YOU LIKE
1 field roast “smoked apple sage sausage”; diced/crumbled (optional) or vegan meat of choice or vegetable of choice
Non-dairy sour cream
¼ cup fresh cilantro chopped
Guacamole homemade or store-bought

INSTRUCTIONS

1. Heat large skillet over medium-low heat. Add 1-tablespoon butter or oil and sauté onions about 5-7 minutes until caramelized. Remove from skillet and set-aside.
2. Add crumbled vegan sausage and cook until lightly browned about 2 minutes. Remove from skillet and set aside.
3. Wipe skillet clean and add reserved tablespoon of butter or oil. Place large tortilla in the skillet. Add cheese to one side. Then layer with caramelized onions, sausage crumbles, diced tomatoes, arugula, and a little more cheese. Fold tortilla over and close to form a quesadilla. Cook 2-3 minutes until browned. Flip and cook another side for about 2-3 minutes until brown and cheese are melted.
4. Remove from skillet and transfer to plate. Slice into 1½-inch strips or 4 large triangles using a pizza cutter or sharp knife. Top with non-dairy sour cream, diced tomatoes, chopped cilantro, and guacamole! Enjoy!