

PEPPER QUESADILLAS

Recipe makes
3 servings

Prep time
30 minutes

Cook time
20 minutes



NUTRITION INFO PER SERVING

(1 quesadilla)

Calories 480

Protein 2.5 g

Phenylalanine 86 mg

INGREDIENTS

Tortilla:

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 tortilla:

- 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.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

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. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

For more recipes, please go to our website www.VitafloUSA.com and follow us on Instagram [@vitaflousa](https://www.instagram.com/vitaflousa) and on facebook [@Vitaflo Vitafriends](https://www.facebook.com/VitafloVitafriends).

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2022 Nestlé.

VFUSA_PEPPERQUESADILLAS_012022

