



Flor de Calabaza Quesadillas

20 min, 2 servings (3 quesadillas each)
vegetarian

- ½ yellow onion, diced
- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 6 Flor de Calabaza (squash blossoms), destemmed, roughly chop flowers
- 6 **Siete** almond flour tortillas
- 8 ounces Oaxaca cheese

Instructions

1. Cook onion in olive oil for 5-6 minutes (until sweating) in a pan on medium heat.
2. Add minced garlic and cook for another minute on medium heat.
3. Add chopped Flor de Calabaza and coat it with the onion and garlic for 30 seconds on medium heat.
4. Heat a clean pan on medium heat. Once hot, add the tortillas (work in batches).
5. Add Oaxaca cheese, onion, garlic, and flowers on one side of the tortilla, then close and pat down with a spatula.
6. Cook quesadilla until lightly browned on both sides.