



red pepper-butternut squash quesadillas //

Serves 6 / vegetarian, low in calories, high in dietary fiber & phytonutrients that help support lung health, high in vitamin A, C & K, potassium, B vitamins, folate, chromium, manganese, and tryptophan

butternut-squash tapenade /

Place butternut squash in a saucepan, cover with water and bring to a boil.

Reduce to low heat, cover, and simmer for 10-15 minutes, or until squash is tender but not mushy.

Drain and transfer to a blender/ food processor and puree until smooth (or mash by hand).

Season with salt & pepper to taste.

quesadilla's //

In large skillet heat oil over medium-low heat, making sure it never smokes.

Sautee onion for 5 minutes, or until transparent. Add red peppers and sauté for 10-15 minutes, or until peppers are soft and onions are lightly browned.

Place one tortilla on each serving plate. Spread tapenade thickly over each tortilla. Spoon onion and red pepper mixture over half of each tortilla.

Season with salt to taste, gently fold tortillas in half and slide into the skillet. Cook, turning once, until browned and warmed through.

organic ingredients /

2 tbsp pasture butter

1 large onion, chopped

2 red bell peppers, diced

1 package sprouted grain or brown rice tortillas

1 small butternut squash, peeled, seeded, and cubed

unrefined sea salt