



Hummus Quesadillas

Prep Time: 30 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

558 calories

35.3 g fat

870 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 1 TB olive oil**
- 2 cloves garlic, smashed
- 10 oz. baby spinach
- Salt and pepper**
- 8 flour tortillas
- Hummus
- 1 cup sundried tomatoes
- 1 cup Kalamata olives

1. In a nonstick skillet heat **1 TB olive oil** and the **2 cloves smashed garlic**. Add the **spinach** and sauté until it wilts and all the moisture has evaporated. Season with **salt and pepper**, to taste. Remove pan from heat and discard the garlic cloves.
2. Thinly slice the **sundried tomatoes** and the **Kalamata olives**, set aside.
3. To prepare the quesadillas, take **1 tortilla** and spread **hummus** generously over the entire tortilla, lightly cover with **sautéed baby spinach, sundried tomatoes** and **Kalamata olives**, top with another tortilla.
4. Warm a nonstick skillet over medium heat. Place the **quesadillas** in the pan. Let the bottom sides warm up for a 3 minutes; then carefully flip. Brush the warm sides lightly with **olive oil** and let them cook for another 2 minutes. Flip once again, brush the new top side lightly with olive oil and cook until the bottom is lightly golden and crisp. Carefully flip and cook until both sides are lightly golden.
5. Transfer the quesadillas to a cutting board, using a sharp knife or a pizza cutter, slice each quesadilla into wedges.

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