

# Recipe

## LEFTOVER GARLIC MASHED POTATO QUESADILLAS



▶ ▶ Vegan, gluten-free, refined sugar-free, nut-free

**Yield:** 4 servings

**Prep Time:** 10 min

**Cook Time:** 15 min

**Total Time:** 25 min

### INGREDIENTS: QUESADILLAS

- 1 tsp (5 mL) vegetable oil
- 3 medium red bell peppers, julienned
- 2 red onions, julienned
- 1 tsp (5 mL) vegetable oil
- 1/2 tsp cumin
- 1/2 tsp paprika powder
- 1/2 tsp dried oregano
  
- 2 tsp (10 mL) vegetable oil
- 4 large tortillas (gluten-free, if desired)
- 2-3 cups (325 g-650 g) garlic mashed potatoes, dairy-free

### INGREDIENTS: SALSA\*

- 2 large roma tomatoes, diced
- 1 garlic clove, finely chopped
- 1/4 red onion, finely chopped
- 1/2 lime, juiced (~1 Tbsp or 15 mL)
- 1/4 tsp salt
- 1/4 tsp chili powder

### INGREDIENTS: GUACAMOLE\*

- 2 avocados, mashed
- 1 lime, juiced (~1 Tbsp or 15 mL)
- 1/4 red onion, finely chopped
- 1/2 tsp cumin powder

### DIRECTIONS

1. In a pan, heat 1 tsp vegetable oil on medium-high and add the bell peppers and onions. Sauté until softened, about 5 minutes. Add a splash of water and then the spices, stir to combine. Once water has evaporated, set aside.
2. Prepare the salsa and guacamole by adding all ingredients to a bowl and mixing. Set aside.
3. To prepare the quesadillas, spread the mashed potato filling on one half of a tortilla. Add the onion and bell pepper filling on top, and fold the tortilla in half, firmly pressing down. Heat 1 tsp of vegetable oil in a pan on medium-high heat. Place two quesadillas in the pan and gently press down with a spatula. Place a lid on the pan to ensure the filling warms up. When the tortillas turn lightly golden and crispy, about 2-3 minutes, flip the quesadilla and cook the other side until golden brown.
4. Repeat this for the other two quesadillas. Remove from the pan, cut, and serve with a side of guacamole, salsa and hot sauce. Enjoy!

### NOTES

1. **\*Speed-it-up:** to speed up this recipe, serve the quesadillas with store-bought salsa and/or guacamole.
2. **Variations:** feel free to add your own vegetable fillings including sautéed zucchini, mushrooms, corn, or beans.
3. **Make-ahead:** this is a great make-ahead recipe. Prepare the mashed potatoes and filling the day before and place in the fridge. Dinner will be served in under 10 minutes the next day.

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