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## SQUASH BLOSSOM QUESADILLAS



This quick and easy recipe will satisfy your desire for Mexican food, while offering unique flavor and a healthier version of quesadillas.



00 HR 30 MINS



Serves 1



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## INGREDIENTS

- 10 to 12-inch flour tortilla
- 1/2 cup cheese (Muenster or Mexican cheese), grated
- 2 or 3 squash blossoms, trimmed
- 1 tablespoon olive oil
- Sea salt

## METHOD

Heat skillet or griddle to high heat. Trim stems from blossoms up to the bud.

Put approximately 1 teaspoon of the oil onto the cooking surface, sprinkle sea salt on the oil, and spread the tortilla around evenly, coating the tortilla with oil.

Spread the grated cheese evenly on one half of the tortilla, approximately 3 to 4 ounces of cheese for a 10-inch tortilla. Place the squash blossoms, 2 or 3 of them, depending on their size, on the tortilla.

Wait for the cheese to melt. When melted, fold the tortilla in half, folding the non-cheese side over onto the cheese/blossom side. Press the tortilla with the back of your spatula to stick the sides firmly together.

When both sides of the tortilla are covered in brown spots and crispy, use the spatula to cut the quesadilla in half and fold on top of the other, then scoop them off the cooking surface and onto a plate.

Dip them in salsa or sour cream, or condiment of your choice.