

## **HUMMUS QUESADILLA**

vegan, dairy-free, gluten-free (optional)

*Recipe by Jentry Lee Hull*

Yields 2 quesadillas\*

### **INGREDIENTS**

4 (8-10", medium sized) tortillas (whole wheat or gluten free)  
4-6 Tbsp Hummus ([recipe here](#), or store-bought)

### **METHOD**

Spread 2-3 Tbsp. across tortilla of choice nearly to the edges (leave about 1/4 in of space). Place other tortilla on top and gently press down to seal the deal. In a large skillet over low-medium heat, heat quesadilla for 2 minutes (or until golden brown) and flip to the other side, using a spatula. Cook for another 2 minutes. Remove from heat, let sit for 1 minute before cutting into 8 even triangles. Repeat with second quesadilla. Serve with Dill and Mint Tzatziki drizzle sauce and Avocado Carrot Relish.

### **NOTES**

\*Double or triple the recipe for more to enjoy!

## **DILL + MINT TZATZIKI DRIZZLE SAUCE**

vegan, dairy-free, gluten-free

*Recipe by Jentry Lee Hull*

Yields 12 servings

### **INGREDIENTS**

1 cup plain unsweetened plant yogurt (I used SO Delicious Coconut Yogurt)  
1/2 cup plain unsalted cashews, soaked for 10 min. In boiling water and drained  
1/2 cucumber  
1/3 cup fresh dill  
6 mint leaves  
2 cloves garlic  
1/2 tsp pink Himalayan Salt  
1/4 tsp paprika

### **METHOD**

In a high-speed blender or food processor, combine all ingredients and blend until smooth. Adjust seasonings to taste. Keep in an airtight container in the fridge for up to 1 week.

## **AVOCADO CARROT RELISH**

vegan, dairy-free, gluten-free

*Recipe by Jentry Lee Hull*

Yields 4 servings

### **INGREDIENTS**

2 medium sized carrots, peeled and diced  
1 ripe avocado, pitted and diced  
1/4 cup chickpeas  
1/8 cup red onion, diced  
Juice from 1/2 lemon  
1/8 tsp Pink Himalayan Salt  
1/4 cup fresh dill, minced  
2 or so mint leaves, chiffonade and minced

### **METHOD**

Gently stir all ingredients in a small mixing bowl, adjust seasoning to taste and enjoy with hummus quesadillas or as a dip.

Keep leftovers in the fridge for up to 5 days.

## **HUMMUS QUESADILLA**

<b>Nutrition Facts</b>	
Servings 2.0	
Amount Per Serving	
<b>calories</b> 370	
<b>% Daily Value *</b>	
<b>Total Fat</b> 16 g	<b>25%</b>
Saturated Fat 4 g	<b>18%</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 488 mg	<b>20%</b>
<b>Potassium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 46 g	<b>15%</b>
<b>Dietary Fiber</b> 8 g	<b>30%</b>
<b>Sugars</b> 4 g	
<b>Protein</b> 9 g	<b>18%</b>
Vitamin A	<b>0%</b>
Vitamin C	<b>0%</b>
Calcium	<b>15%</b>
Iron	<b>15%</b>
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	

## **DILL + MINT TZATZIKI DRIZZLE SAUCE**

<b>Nutrition Facts</b>	
Servings 12.0	
Amount Per Serving	
<b>calories</b> 114	
<b>% Daily Value *</b>	
<b>Total Fat</b> 3 g	<b>5%</b>
Saturated Fat 1 g	<b>5%</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 853 mg	<b>36%</b>
<b>Potassium</b> 238 mg	<b>7%</b>
<b>Total Carbohydrate</b> 19 g	<b>6%</b>
<b>Dietary Fiber</b> 2 g	<b>7%</b>
<b>Sugars</b> 1 g	
<b>Protein</b> 5 g	<b>9%</b>
Vitamin A	<b>1%</b>
Vitamin C	<b>26%</b>
Calcium	<b>12%</b>
Iron	<b>6%</b>
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	

## AVOCADO CARROT RELISH

### Nutrition Facts

Servings 4.0

Amount Per Serving

**calories** 114

**% Daily Value \***

**Total Fat** 6 g **9%**

Saturated Fat 1 g **4%**

Monounsaturated Fat 4 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 637 mg **27%**

**Potassium** 324 mg **9%**

**Total Carbohydrate** 14 g **5%**

**Dietary Fiber** 5 g **21%**

**Sugars** 3 g

**Protein** 3 g **7%**

Vitamin A **4%**

Vitamin C **26%**

Calcium **2%**

Iron **6%**

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.