

CAULIFLOWER QUESADILLAS

Preparation: **10** minutes | Cooking: **35** minutes | Servings: **2**

INGREDIENTS

1 large head cauliflower
1 egg
1 green onion,
thinly sliced
1 cup shredded cheddar
3/4 cup shredded
Monterey Jack
1 teaspoon
dried oregano
1/2 teaspoon
smoked paprika
Kosher salt
Black pepper
Pico de gallo, for
serving (optional)

Sour cream or Greek
yogurt for serving
(optional)



INSTRUCTIONS

Preheat oven to 425° and line a baking sheet with parchment. Cut cauliflower into florets. Process cauliflower florets in a food processor until the texture resembles rice. Alternatively, you can grate the cauliflower. Transfer processed cauliflower to a large microwave-safe bowl, and microwave on high for 6 minutes. Squeeze excess moisture out with a clean kitchen towel. In a medium bowl, combine processed cauliflower, eggs, Monterey Jack, oregano and paprika. Mix until evenly combined and then season with salt and pepper. Form cauliflower mixture into circle shapes on prepared baking sheet, and bake until golden, 15 to 20 minutes. For each cauliflower tortilla, sprinkle cheddar and green onions over half of the tortilla. Then, fold the other side of the tortilla over the cheese. Repeat with remaining tortilla. Bake until the cheese is melted, about 5 minutes. Top with pico de gallo and sour cream, if desired, and serve immediately.