



## Quick Lentil Quesadillas

### Ingredients:

- 1 package Nature's Earthly Choice™ Great Day Microwavable Lentils
- 1/2 medium onion, diced and sautéed (optional)
- 1 1.25-ounce packet taco seasoning
- 1 tablespoon tomato paste
- 1 cup shredded cheese
- 4 corn or flour tortillas
- Oil or butter

### Directions:

1. In a microwave-safe container, combine the lentils, onions, taco seasoning, and tomato paste. Stir well, cover, and microwave for 30 seconds. Mix, then microwave for another 30 seconds or until heated through. Drain, if needed.
2. Lightly grease a large skillet. Add one tortilla. Layer about 1/4 cup cheese then 1/2 cup lentils. Add another 1/4 cup cheese, then top with another tortilla. Cook over medium heat for 3 to 4 minutes, or until the bottom tortilla is golden and crispy. Carefully flip, cook, and repeat for the second quesadilla. Cut into triangles and serve with sour cream, guacamole, or salsa.