



EASY MUSHROOM + CAULIFLOWER QUESADILLAS

Recipe makes 6 quesadillas (serves 4)

INGREDIENTS

3 x 170g packages king oyster mushrooms, hand-shredded into strips (total 510g)

6 C cauliflower florets cut from half a large cauliflower (~570g)

2.5 C shredded Oaxaca or Mozzarella cheese (~200g)

2 scallions, chopped

12 flour tortillas (6.5" diameter)

Oil

Salt and pepper

METHOD

Preheat oven to 425f. On one large parchment-lined baking sheet, spread shredded king oyster mushrooms and toss with a drizzle of oil. Do not salt at this stage, as it would draw out moisture from the mushrooms causing them to steam rather than brown. On a second large parchment-lined baking sheet, spread cauliflower florets and toss with oil and salt and pepper. Place both baking sheets into oven on middle rack (note: my baking sheets will fit side by side but if yours do not fit, place them on upper and lower racks and switch them halfway through – you may also need to add a bit more roasting time to get to desired brownness). Roast them 15 minutes or as long as needed to cook through with brown edges. Pull baking sheets out of oven to cool slightly.

Heat cast iron or non-stick skillet over medium heat. Spray or brush lightly with oil. Place one tortilla on pan. Working quickly, sprinkle about 3 tbsp shredded cheese. Spread 1/6th cauliflower florets. Spread 1/6th king oyster mushrooms. Sprinkle with a bit of salt now on the mushrooms. Sprinkle with 1/6th chopped scallions and add another 3 tbsp shredded cheese on top. Place second tortilla on top. To get even cooking, place a smaller heavy skillet (or plate with cans of food on top) to weigh everything down. Cook until bottom tortilla is golden brown and cheese is melty, about 2-3 minutes including the time you used to add the fillings. Remove weights, flip and cook other side about 2-3 minutes or whenever it is golden brown.

Repeat with remaining ingredients. Adjust heat as needed – I usually lower the heat a little as the pan gets increasingly hot. Cut quesadillas into halves or quarters and serve while hot.

Let me know what you think of this recipe in the blog comments. And if you make it, I'd love to hear about it. Tag me on [Instagram](#) so I can see. Eat well and be well X