

Recipe Name: Guacamole Stuffed Quesadilla With Mint Mayo Recipe

Diet Type:

Course: Appetizer

Cuisine: Mexican

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 1/4 cup All Purpose Flour (Maida)	
• 2 tablespoon Sunflower Oil	
• Salt - to taste	
• 1 Avocado	
• 1 Tomato - pulp removed	
• 1 Onion - finely chopped	
• 1 Red Bell pepper (Capsicum) - finely chopped	
• 1 Yellow Bell Pepper (Capsicum) - finely chopped	
• 2-3 cloves Garlic - chopped	
• 2 Green Chillies - finely chopped	
• 2-3 sprig Coriander (Dhania) Leaves - finely chopped	
• 1/2 Lemon	
• Salt - to taste	
• Butter (unsalted) - for cooking	
• 4 tablespoons Del Monte Mint Mayo	

Preparation

- Add enough water to bind the mixture so that it is also easy to roll.
- Keep it aside.
- Check for seasoning and salt.
- Divide the dough into small equal balls and roll it on the board to a 6 inch diameter.
- Do the same with the rest of the doughHeat a flat Skillet, add a teaspoon of oil and just toast the rolled dough lightly on both the sides.



- After the quesadilla are toasted slice them lengthwise.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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