

Butternut squash quesadillas

Prep Time : 15 minutes

Cook Time :20 minutes

Servings :8 Wraps

Ingredients:

400g butternut squash,
peeled, chopped into chunks.

2 tablespoons vegetable oil

150g feta cheese, crumbled

150g bag spinach, rocket &
watercress

Tomatoes- optional

8 bread wraps

Pepper for seasoning.



Get Cooking

1. Boil the squash for 10 minutes., drain.
2. Mix together the squash, feta and salad , season with pepper.
3. Spread the mixture over the wraps, fold each into quarters.
4. Heat the frying pan, spray each wrap with oil, cook for 5 minutes, on each side.

Serve with salad

