



Healthy vegetable Quesadilla (OP W)

Serving: 1

Veg

Ingredients

- Oats - 3 tbsp (whole)
- Wheat flour - 1 tbsp
- extra virgin oil - 1 tbsp
- salt to taste
- garlic - 3-4 clove chopped it
- Onion - 2 tbsp chopped
- Green capsicum - 1 tbsp
- yellow capsicum - 1 tbsp
- Red capsicum - 1 tbsp
- Corn - boiled - 1 tbsp
- mashed boil corn - 1 tsp
- rajmah boiled - 1 tbsp
- coriander - 1 tbsp chopped
- 1/4 tsp red chilli powder
- 1/4 tsp red chilli flakes
- 1/4 tsp oregano
- black pepper to taste

Preparation Method

- Add Oats in a mixture jar and grind to make a fine powder.
- For dough mix 3 tbsp oats atta + 1 tbsp wheat atta flour, add salt , 1/4 tsp extra virgin olive oil in a bowl.
- Mix it properly , prepare dough using water , cover it keep aside
- For stuffing : heat extra virgin olive oil in pan , add chopped garlic , and onion , saute on low flame.
- add chopped yellow bell pepper , green bell pepper, red bell pepper , boiled corn and add mashed corn ,boiled rajma
- Add 1/4 tsp red chilli powder , black pepper , oragano, red chilli flakes , fresh coriander in a pan and mix nicely. cook for 2-3 minutes on low flame.
- Add salt to taste , mix it well and switch off the flame.
- Uncover the dough and preper lemon size balls
- Roll the balls in a thin discs.
- Roast for few seconds on tawa on low flame.
- Keep all the rotis / tortilla covered.
- Place prepared stuffing on half side of tortilla and cover the stuffing.
- Heat a grilled sandwich maker or tawa. Grease with extra olive oil. place prepared tortilla , cover and grill till grilled marks appears.
- Healthy oats quesadillas are ready , cut in halves and serve hot .