

## Caramelized onions, mushroom and avocado quesadillas

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Prep time: 10 mins    Cook time: 20 mins    Total time: 30 mins

Serves: 2

### Ingredients

- 2 tbsp olive oil
- 2 yellow onions, halved and sliced
- 1 avocado - pitted, peeled, and sliced
- ½ cup cheese – I used a mix of cheddar and mozzarella
- 2 large flour tortillas
- 2 tbsp bbq sauce (optional)
- 1 garlic – minced
- 8 fresh button mushroom – sliced
- 6 cherry tomatoes - halved
- Salt and black pepper to season

### Instructions

1. Add the oil to a large sauté pan over medium heat. Add the onions and salt and cook, stirring occasionally, until the onions are soft and golden brown, about 10 minutes. Season with black pepper and remove the onions from the pan and place them in a bowl.
2. In the same pan, add the chopped garlic and add the mushrooms. Cook until wilted. Season with salt and black pepper.
3. Place the avocado in a bowl and season with salt and pepper.
4. Lay the tortilla flat on a plate. If you are using the bbq sauce, spread 1 tbsp of bbq sauce on each tortilla. Evenly sprinkle with ¼ cup of cheese. Top with the caramelized onions, mushrooms, tomatoes and finally the avocado. Fold into half.
5. In a frying pan, place the tortillas and heat each side for about 2-3 minutes or until the cheese melts and the tortilla is browned and crispy.
6. Cut into halves and serve hot.

Recipe by Maya Kitchenette at <http://mayakitchenette.com/caramelized-onions-mushroom-and-avocado-quesadillas>