

STUFFED QUESADILLA



INGREDIENTS

Gluten free wraps
1 lb Shelton ground turkey
1 pkg Simply organic taco seasoning
1 pkg Seeds of Change ready to heat
Spanish rice
Cheese of choice
Dairy free butter of choice



EQUIPMENT

Pot Plate
Stove Turner
Pan Knife



METHOD

1. Brown meat, drain fat, add taco seasoning per instructions.
2. Place rice in a pot with some water and heat about 10-15 minutes, stirring until water is gone.
3. In a pan melt butter over medium heat, coat both sides of the wrap, and turn onto low heat.
4. Allow one side to brown, and flip, spread cheese on the bottom, add meat, and rice, then some more cheese.
5. Fold and let sit for awhile allowing the heat to melt the cheese. Do not attempt to flip or you will lose some of the stuffing.

