

# MARLEY SPOON



## Cheesy Spaghetti Squash Quesadillas

with Slaw & Guacamole



20-30min



2 Servings

Spaghetti squash isn't just a healthy pasta substitute, it's an ideal filling for vegetarian quesadillas! Thanks to our easy pre-cooked squash, they'll be ready for the table in no time. Enchilada sauce and taco spices season the squash before we add shredded cheese, which melts right in. Add a crisp cabbage slaw with lime and pumpkin seeds, and this is a meal that's bursting at the seams with flavor.



## What we send

- 1½ lbs green cabbage
- 1 lime
- ¼ oz taco seasoning
- 4 oz red enchilada sauce
- 2 oz shredded cheddar-jack blend <sup>1</sup>
- 1 oz pumpkin seeds
- 6 (6-inch) flour tortillas <sup>2,3</sup>
- 2 oz guacamole
- 8 oz spaghetti squash

## What you need

- neutral oil
- kosher salt & ground pepper
- sugar

## Tools

- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

## Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 780kcal, Fat 43g, Carbs 82g, Protein 25g



### 1. Prep ingredients

Preheat broiler with a rack in the upper third.

Transfer **spaghetti squash** to a plate. Remove outer peel, then gently pull apart with a fork into thin strands. Finely shred **2 cups cabbage** (save rest for own use); using your hands, scrunch to soften.

Into a medium bowl, finely grate **lime zest**, then squeeze **juice** from half of the lime. Cut **remaining lime** into wedges.



### 4. Make slaw

To the bowl with **lime zest and juice**, whisk in **1 tablespoon oil** and **½ teaspoon sugar**. Add **shredded cabbage** and toss to coat; season to taste with **salt** and **pepper**. Stir in **pepitas**.



### 2. Start filling

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **spaghetti squash** in an even layer. Cook, stirring halfway, until crisp in spots, 2-3 min. Reduce heat to medium.



### 3. Finish filling

To the **spaghetti squash**, add **taco seasoning**, **red enchilada sauce**, and **2 tablespoons water**. Cook, stirring occasionally, until thickened and stewy, about 2 minutes.

Remove from heat and season to taste with **salt** and **pepper**; stir in **shredded cheese**.



### 5. Assemble quesadillas

Lightly **oil** a rimmed baking sheet. Lightly brush **tortillas** with **oil**. Divide **spaghetti squash filling** among tortillas, then fold over into half-moons. Arrange **quesadillas** on prepared baking sheet.



### 6. Finish & serve

Broil **quesadillas** on upper rack until **cheese** is melted and quesadillas are golden brown, flipping halfway through, 2-4 minutes (watch closely). Let cool for 5 minutes, then cut into wedges, if desired. Serve **quesadillas** with **slaw** and **guacamole** alongside and **lime wedges** for squeezing over top. Enjoy!