

## Butternut Squash Quesadilla

Buy a butternut squash and cook it. I cut the squash into three big cylinders and put it in a slow cooker for several hours, with about a quarter-inch of water poured on the bottom.

When it's done, scoop out and discard the seeds, and then scoop the squash into the bowl of a food processor.

Take roughly a cup of green pumpkin seeds and toast them. I do it by putting them in a stovetop skillet with no oil or water, and setting heat on medium. Keep the seeds moving with a wooden spoon. It takes a few minutes, but they will start browning and occasionally “popping.” The popping is normal. Take them off when they’re mostly brown.

Put the seeds in the processor with the squash and puree until they’re all ground up.

Add whatever herbs or spices you want. I add a little salt, cumin, and a small amount of grated parmesan.

For the quesadilla:

Use flour tortillas, not corn.

Lay one flat on a big skillet and spread a thick base of the mixture. Add some grated cheese and green chile on top. Cover with a second tortilla. Toast it like you do a grilled cheese sandwich, flipping the whole thing once or twice and removing when the exterior looks toasted and the cheese inside has melted.

Serve with guacamole, salsa, or red chile sauce.