



5 Easy Vegan Quesadilla Recipes

By Mary Margaret Chappell
2024-01-03 10:19:32



Who needs cheese when you've got these scrumptious vegan quesadillas? Packed with hearty plant-based fillings and slathered with savory spreads, these vegan quesadillas are healthy comfort food at its best. Each of these easy recipes makes four quesadillas. Serve them as starters or a light meal, on their own or with some [vegan queso sauce](#) for extra "cheesy" deliciousness.

Vegan Chickpea and Zucchini Quesadillas



Preheat oven to 400°F. Halve 2 medium zucchini lengthwise and place on a baking sheet. Roast 30 to 35 minutes or until browned and soft; let cool. Chop zucchini and stir together with $\frac{3}{4}$ cup cooked chickpeas,

$\frac{3}{4}$ cup fresh corn kernels, and $\frac{1}{4}$ cup chopped scallions. Divide mixture among four 8-inch whole grain tortillas. Spread 4 more tortillas with purchased oil-free baba ghanoush or hummus; place spread side down over the loaded tortillas. Heat, cut into wedges, and serve. *Makes 4 quesadillas.*

Roasted Butternut and Mushroom Quesadillas



Preheat oven to 425°F. In a large baking dish combine 4 cups peeled and cubed butternut squash and 2 sprigs fresh rosemary. In a second large baking dish, combine $2\frac{1}{2}$ cups sliced cremini or button mushrooms, 1 cup thinly sliced leek, 2 more rosemary sprigs, and $\frac{1}{2}$ cup water. Bake both dishes 30 to 35 minutes or until squash is tender and beginning to brown and mushroom mixture is tender. Discard rosemary sprigs. Mash squash until smooth; spread over four 8-inch whole grain tortillas and top with mushroom mixture. Top with tomato slices and 4 more tortillas. Heat, cut into wedges, and serve. *Makes 4 quesadillas.*

Creamed Corn and Poblano Vegan Quesadillas

(continued)

5 Easy Vegan Quesadilla Recipes

By Mary Margaret Chappell
January 03 2024



Puree 4 cups fresh or thawed frozen corn kernels in a food processor until finely chopped and creamy. Transfer to a nonstick skillet and add 2 chopped poblano chiles, 1 cup chopped onion, and 1 cup whole corn kernels. Cook over medium-low 5 to 7 minutes or until mixture thickens and chiles and onion are tender. Divide corn mixture among four 8-inch whole grain tortillas. Top with 4 more tortillas. Heat, cut into wedges, and serve. *Makes 4 quesadillas.*

Parsnip and Tomatillo Quesadillas



Cook 4 cups peeled parsnip chunks in boiling water 20 minutes or until very tender; drain. Mash with 3 tablespoons purchased tomatillo salsa. Spread mixture on four 8-inch whole grain tortillas. Toss one 15-oz. can pinto beans, rinsed and drained, with 1½ cups purchased fresh salsa. Divide bean mixture among the loaded tortillas. Top with 4 more tortillas. Heat, cut into wedges, and serve. *Makes 4 quesadillas.*

Roasted Red Pepper and Greens Quesadillas



In a food processor puree ½ cup cooked lentils with ½ cup roasted unsalted sunflower seeds, 4 roasted red peppers (from a jar), and 4 cloves garlic. Stir in 1 cup additional cooked lentils. Spread mixture over four 8-inch whole grain tortillas. Top with ½ cup sautéed or steamed kale or other greens and 4 more tortillas. Heat, cut into wedges, and serve. *Makes 4 quesadillas.*

More Vegan Quesadilla Recipes



For more inspiration, check out these other vegan quesadilla recipes from Forks Over Knives!

- [Black Bean and Sweet Potato Quesadillas](#)
- [Chipotle Hummus Quesadillas](#)
- [Caramelized Onion and Pepper Vegan Quesadillas](#)
- [Fold-Up Rice and Black Bean Quesadillas](#)
- [Yamadillas](#)
- [Cinnamon Apple Quesadillas](#)