

CLEAN & TASTY

ONION BASIL TORTILLA

<i>Serving</i>	<i>Time</i>	<i>Level</i>
2	15 mins	easy

INGREDIENTS

- Gluten-free tortilla such as almond tortillas
- ¼ c red onions, sliced
- ¼ c black olives, sliced
- ½ c arugula
- 8 organic cherry tomatoes, halved
- *cheesy sauce - see recipe
- *spinach pesto sauce - see recipe
- ¼ t ground garlic to sprinkle
- red pepper flakes to sprinkle to taste

CHEESY SAUCE

- 2 c raw cashews, soaked
- 2 T nutritional yeast flakes
- 2 T smoked paprika
- 1-2 garlic cloves
- 1 T amino acids
- 1 T apple cider vinegar with the mother
- juice of 1 lemon
- 1 t red pepper flakes, optional

DIRECTIONS

- In a non-stick pan, dry sauté arugula, olives, onions, tomatoes and garlic over medium heat until heated through and onions are softened and arugula is wilted, stirring frequently to prevent sticking. If it sticks, add a little water. Wipe skillet clean. Divide veggies, garlic powder and pepper amongst the number of tortillas you decide to make. I made 3.
- Spread a thin layer of "cheesy" sauce on the tortilla and then ladle the sautéed vegetables on. Place tortilla in heated, un-greased non-stick pan over low medium heat. Sprinkle with granulated garlic (ground garlic, garlic powder) and red pepper flakes. Drizzle pesto sauce intentionally. Garnish with fresh basil leaves. Enjoy!

