

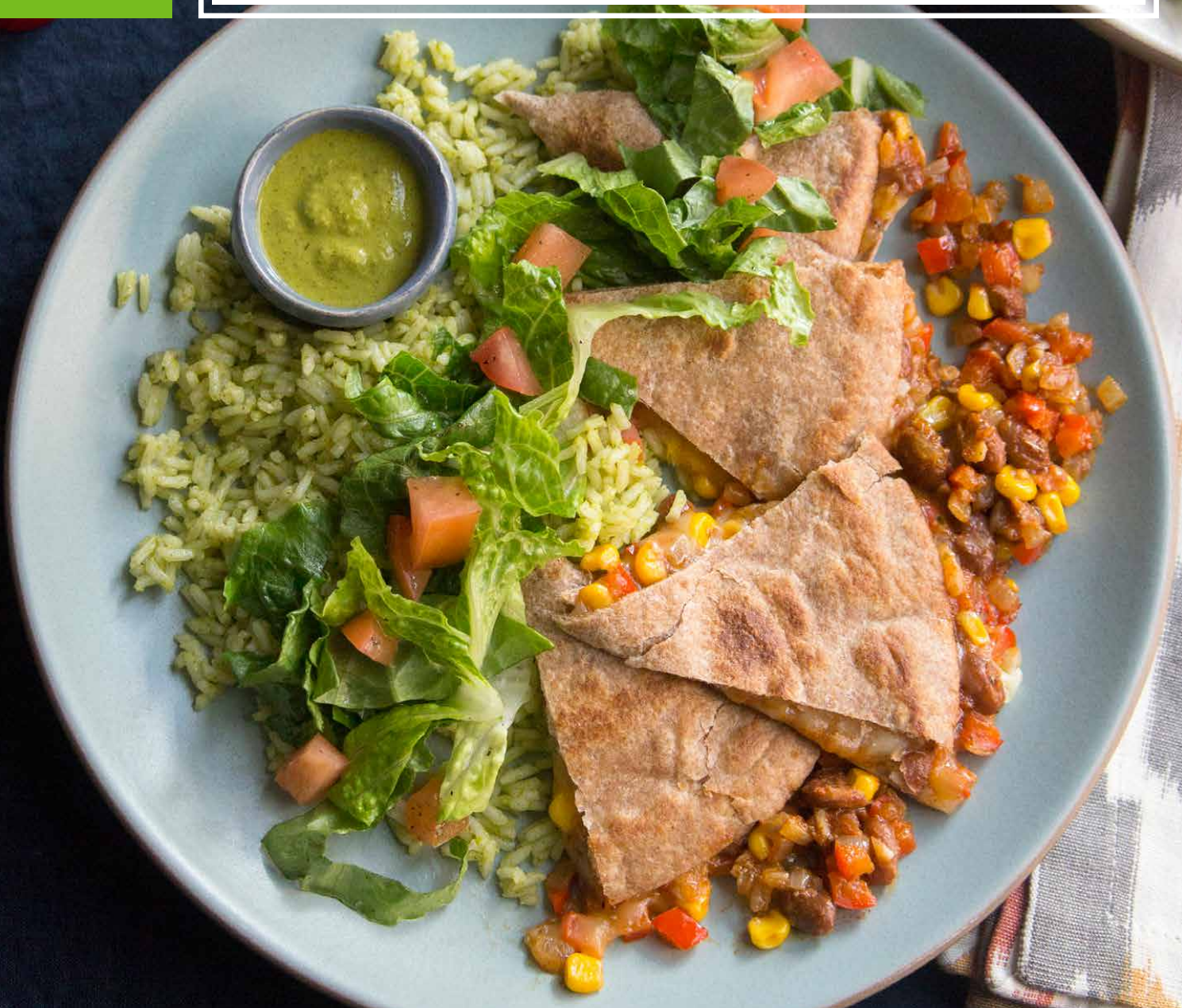
GREEN  
CHEF

# ENCHILADA QUESADILLA

Pinto beans & corn, salad, cilantro-scallion rice

30  
MIN

PREP + COOK TIME



## 720 calories per serving | serves 2

Two Mexican classics, one satisfying dish. Tortillas are folded over Monterey Jack cheese and a veggie-pinto bean filling, with a spice blend inspired by enchiladas' paprika-forward red sauce. They're pan-cooked to a melty-crisp finish and served alongside rice – seasoned with an herbaceous lime sauce – and a simple salad to balance the quesadillas' richness.


## INGREDIENTS (10 items)

Long-grain rice  
Yellow onion, red bell pepper & garlic  
Romaine lettuce  
Roma tomato  
Pinto beans & corn

LOOK FOR THIS COLOR LABEL! 

Enchilada seasoning  
Whole-wheat tortillas (W)  
Monterey Jack cheese (D)  
Cilantro-scallion sauce  
Lime

All ingredients organic  
unless otherwise labeled.

Contains: (W) wheat, (D) dairy  
 Wash & dry fresh produce.



## FROM YOUR PANTRY


salt & pepper, cooking oil, paper towels, olive oil, foil

## TOOLS YOU'LL NEED

small pot with lid, liquid measuring cup, cooking spoon, knife & cutting board, medium bowl, large nonstick pan, plate, rubber spatula, baking sheet, oven mitt, fork



### 1 COOK RICE

 **Preheat oven to 300 degrees.** Bring **long-grain rice** and 1 cup lightly salted water to a boil in a small pot; stir. Reduce heat to medium-low. Cover. Simmer 16 minutes, or until rice is tender and liquid is absorbed (see Step 7 to finish).



### 2 PREP VEGGIES

Meanwhile, halve **romaine lettuce** lengthwise. Lay flat and slice across into about ¼-inch wide ribbons; discard root end. Medium dice **Roma tomato** into about ½-inch pieces. Place lettuce and tomato in a medium bowl. Cut root end off **yellow onion** and remove peel. Small dice onion and **red bell pepper** into about ¼-inch pieces. Mince **garlic**.



### 3 SAUTÉ AROMATICS

Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat. Add **onion** and **bell pepper** to hot pan. Season with salt and pepper. Stir. Cook 2 minutes. Add **garlic** and stir. Cook 1 minute.



**Pro Tip:** Enchilada seasoning is a bit spicy; if heat sensitive, season accordingly.

### 4 MAKE QUESADILLA FILLING

Add **pinto beans and corn** to pan with aromatics. Sprinkle with **enchilada seasoning** to taste (see Pro Tip). Add 1–2 tablespoons water. Stir to combine. Reduce heat to low. Cook 4 minutes, or until onion and bell pepper are tender, stirring occasionally. Transfer to a plate. Wash pan used for filling.



### 5 START QUESADILLAS

Heat about 1 ½ tablespoons olive oil in pan used for quesadilla filling over medium heat. Place **one whole-wheat tortilla** in pan. Sprinkle about **one-quarter of the Monterey Jack cheese** on one side of tortilla. Spoon about **one-third of the quesadilla filling** over cheese. Top filling with about **one-quarter of the cheese**. Fold tortilla over filling.



### 6 FINISH QUESADILLAS

Cook **quesadilla** 2–3 minutes on each side, or until lightly crispy and cheese begins to melt. Transfer quesadilla to a foil-lined baking sheet. Repeat for second quesadilla. Transfer baking sheet to oven to keep warm. 🍽️



### 7 FINISH RICE & SALAD

Pour **half of the cilantro-scallion sauce** into pot with rice. Fluff with a fork and stir to combine. Re-cover pot. Set aside 3 minutes. Halve **lime**; squeeze juice from half lime over bowl with lettuce. Drizzle with about 1 tablespoon olive oil. Salt and pepper to taste. Toss to coat. Cut remaining half lime into wedges.



### 8 PLATE YOUR DISH

Cut each **quesadilla** in four. Pile **rice** on the side of each plate. Shingle quesadilla next to rice. Spoon any remaining **quesadilla filling** on the side. Pile **salad** over rice. Serve with **lime wedges** and remaining **cilantro-scallion sauce**. Enjoy!

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