

GREEN  
CHEF

# ENCHILADA QUESADILLA

Pinto beans & corn, salad, cilantro-scallion rice

30  
MIN

PREP + COOK TIME



**750 calories per serving | serves 2**

Two Mexican classics, one satisfying dish. Tortillas are folded over Monterey Jack cheese and a veggie-pinto bean filling — seasoned with spices inspired by enchiladas' paprika-forward red sauce. Pan-cooked to a melty-crisp finish, they're served alongside rice tossed in a cilantro-scallion sauce. A simple romaine salad balances the quesadillas' richness.

## INGREDIENTS (11 items)

**Long-grain rice**  
**Yellow onion & garlic**  
**Red bell pepper**  
**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 recipes contain organic ingredients. Look for organic on the label.

🚰 Wash & dry fresh produce.

Contains: (D) dairy, (W) wheat

**Food allergen notice (including gluten):** Our ingredients are processed and packaged in the same facility, and cross-contact with major food allergens may occur. While we follow industry-leading best practices in safe food handling, trace amounts of allergens may exist in your meal.

## FROM YOUR PANTRY


salt & pepper, cooking oil, 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, tablespoon



### 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. Fluff with a fork. Add half of the **cilantro-scallion sauce** (reserve the rest). Stir to combine. Re-cover pot. Set aside 3 minutes.



### 2 PREP AROMATICS

Meanwhile, cut ends 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, stirring occasionally. Add **garlic**; stir. Cook 1 minute.



**Chef's 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 Chef's 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 **quesadilla filling** 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 process for second quesadilla. Transfer baking sheet to oven to keep warm.



### 7 MAKE SALAD

Halve **romaine lettuce** lengthwise. Lay flat; 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. Quarter **lime**; squeeze juice from two lime wedges over bowl. Drizzle with about 1 tablespoon olive oil. Salt and pepper to taste. Toss to coat.



### 8 PLATE YOUR DISH

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

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### FULL RECIPE INFO

For complete measurements, ingredients & nutrition facts, log in to Your Account, view Order History, then select the recipe.

**Questions?** Email us at [help@greenchef.com](mailto:help@greenchef.com).

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