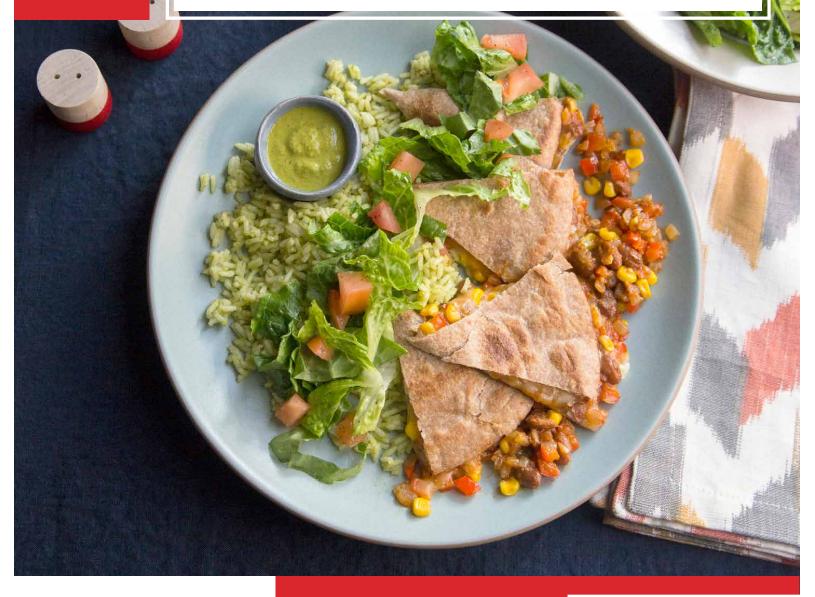
GREEN CHEF

# **ENCHILADA QUESADILLA**

Pinto beans & corn, salad, cilantro-scallion rice





## 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. Pancooked 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. \( \rightarrow \) 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.



#### **◯** 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



**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.



PREP AROMATICS

Meanwhile, cut ends off yellow onion and remove peel. Small dice onion and red bell pepper into about 1/4-inch pieces. Mince garlic.



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.



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.



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** lack 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



**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.



MAKE SALAD

Halve romaine lettuce lengthwise. Lay flat; slice across into about 1/4-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.



PLATE YOUR DISH

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



#DinnerVictory #WeeklyContest

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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.

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