



BLACK BEAN & CORN QUESADILLAS

Rice with roasted tomatoes, spiced cilantro-lime crema

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
1130

A Tex-Mex favorite, made all grown up with a hearty black bean, corn, and roasted red pepper filling. The melty quesadillas are drizzled in a lively spiced cilantro-lime crema for a creamy and sophisticated finish. A side of rice with roasted grape tomatoes and scallion completes the meal.

INGREDIENTS (11 ITEMS)

- 2 whole **Whole-wheat tortillas** W
- 15 ½ oz **Black beans**
- 2 ¾ oz **Corn**
- & 2 oz **& roasted red peppers**
- 2 oz **Monterey Jack cheese** M
- 1 oz **Sharp cheddar cheese** M
- 3 tbsp **Spiced cilantro-lime crema with Greek yogurt** M
- 1 ¾ tsp **Southwest seasoning**
- ½ cup **Long-grain rice**
- 4 oz **Grape tomatoes**
- 1 whole **Scallion**
- ¼ oz **Garlic**

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- strainer
- cooking oil
- salt & pepper

ALLERGENS

- W WHEAT
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

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Wash and dry fresh produce. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 **PREP**

- Preheat oven to 425 degrees.
- Mince **garlic**.
- Strain and rinse **black beans**.
- Thinly slice **scallion**; discard root end.

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 **COOK RICE**

- Heat about 1 tablespoon cooking oil in a small pot over medium heat. Add **garlic** to hot pot. Stir. Cook 1-2 minutes, or until fragrant, stirring frequently.
- Add **long-grain rice**, 1 ¼ cups water, and about ¼ teaspoon salt. Stir. Bring to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

3 **MAKE CHEESE BLEND**

- Place **Monterey Jack cheese** and **sharp cheddar cheese** in a medium bowl. Stir to combine.

4 **MAKE VEGGIE FILLING**

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **beans** and **corn and roasted red peppers** to hot pan. Season with **Southwest seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to combine. Cook 3-4 minutes, stirring occasionally.
- Transfer **veggies** to a second medium bowl (carefully wipe out pan).

5 **MAKE QUESADILLAS**

- Heat about 1 tablespoon olive oil in pan used for veggie filling over medium heat. Place one **whole-wheat tortilla** in hot pan. On one side of the tortilla, layer ¼ cup of the **cheese blend**, half of the **veggie filling**, and ¼ cup of the **cheese blend**. Fold **tortilla** in half. Cook 3-5 minutes on each side, or until cheese is melted and tortilla is evenly browned.
- Transfer **quesadilla** to a cutting board.
- Add an additional 1 tablespoon olive oil to pan, if needed. Repeat process with remaining tortilla, cheese, and veggie filling.

6 **ROAST TOMATOES**

- Place **grape tomatoes** on a foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer. Roast 4-6 minutes, or until tomatoes are blistered.

7 **FINISH RICE**

- Fluff **rice** with a fork. Transfer **tomatoes** to pot. Add **scallion**. Salt and pepper to taste. Stir to combine.

8 **PLATE YOUR DISH**

- Cut **quesadillas** into three pieces each.
- Divide **black bean and corn quesadillas** between plates. Drizzle with **spiced cilantro-lime crema with Greek yogurt** to taste. Serve **rice with roasted tomatoes** next to quesadillas. Enjoy!

