



BLACK BEAN & CORN QUESADILLAS

rice with roasted tomatoes, spiced cilantro-lime crema

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
1090

For tonight's menu, we've turned quesadillas, a Tex-Mex favorite, into a satisfying dinner you'll love. Seasoned black beans, corn, and roasted red peppers are sandwiched between flour tortillas with a melty blend of Monterey Jack and sharp cheddar cheeses. The warm quesadillas are drizzled with our Greek yogurt cilantro-lime crema for a zesty finish.

- INGREDIENTS (11 ITEMS)**
- ¼ oz **Garlic**
 - 13¼ oz **Black beans**
 - 1 whole **Scallion**
 - ½ cup **Jasmine rice**
 - 2 oz **Monterey Jack cheese** M
 - 1 oz **Sharp cheddar cheese** M
 - 2¾ oz **Corn**
 - & 2¼ oz **& roasted red peppers**
 - 1¾ tsp **Southwest seasoning**
 - 2 whole **Flour tortillas** W
 - 4 oz **Grape tomatoes**
 - 2¾ oz **Spiced cilantro-lime crema with Greek yogurt** M

- WHAT YOU'LL NEED**
- small pot with lid
 - large sauté pan
 - baking sheet
 - mixing bowls
 - measuring cup & spoons
 - strainer
 - oven mitt
 - cooking & olive oils
 - salt & pepper

- ALLERGENS**
- M MILK
 - W WHEAT

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

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) 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. Cook 1-2 minutes, or until fragrant, stirring frequently.
- Add **jasmine rice**, 1 cup water, and about ¼ teaspoon salt. Stir to combine. 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 has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 7.)

3 MAKE CHEESE BLEND

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

4 MAKE 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. Cook 3-4 minutes, stirring occasionally.
- Turn off heat. Transfer **filling** to a second medium bowl. Carefully wipe out pan.

5 MAKE QUESADILLAS

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

6 SEASON & ROAST TOMATOES

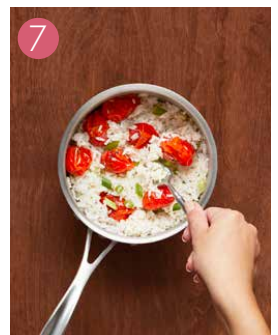
- Place **grape tomatoes** on a foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to coat. Spread out in a single layer.
- Roast 4-6 minutes, or until blistered.

7 FINISH RICE

- Fluff **rice** with a fork. Add **roasted tomatoes** and **scallion**. Stir to combine. Season with salt and pepper to taste.

8 PLATE YOUR DISH

- Cut **quesadillas** into three wedges 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** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (570g)

Amount per serving

Calories 1090

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1610mg	70%
Total Carbohydrate 120mg	44%
Dietary Fiber 22g	79%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 470mg	35%
Iron 5mg	30%
Potassium 914mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Cilantro-Lime Crema (Cilantro, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Jasmine Rice** [jasmine rice], **Grape Tomatoes, Garlic, Scallions, Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Southwest Seasoning** (Ground Cumin, Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Coriander, Granulated Garlic), **Corn** [corn], **Roasted Red Peppers** [bell pepper], **Black Beans** [organic black beans, water, sea salt, calcium chloride (firming agent)]

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.