



# BLACK BEAN & CORN QUESADILLAS

*Rice with roasted tomatoes, cilantro-lime crema*

**COOK TIME**  
35 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
1100

Savory quesadillas, a favorite Tex-Mex appetizer, transform into a satisfying dinner you'll love in this cheesy, veggie-packed meal. Seasoned black beans, corn, and roasted red peppers add a hearty protein boost, sandwiched between whole-wheat tortillas with a blend of Monterey Jack and sharp cheddar cheeses. The toasty quesadillas are drizzled in a rich cilantro-lime crema for a zesty finish.

## INGREDIENTS (11 ITEMS)

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

## 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



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 is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

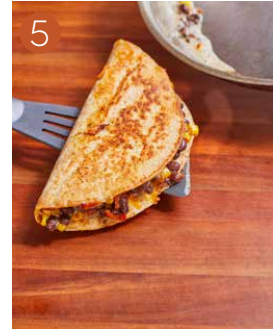


3 **MAKE CHEESE BLEND**

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

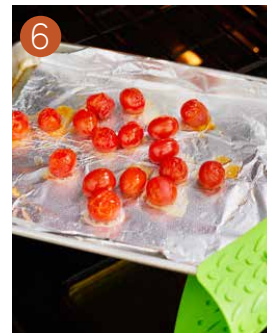
4 **MAKE VEGGIE FILLING**

- 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 about ¼ cup of the **cheese blend**, about half of the **veggie filling**, and about 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 necessary. Repeat process with remaining tortilla, cheese blend, and veggie filling.



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.
- Transfer baking sheet to oven. 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!



## Nutrition Facts

2 Servings per container

**Serving size** (565g)

Amount per serving

**Calories** **1100**

	% Daily Value*
<b>Total Fat</b> 54g	69%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 1740mg	76%
<b>Total Carbohydrate</b> 116g	42%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 39g	
Vitamin D 0mcg	0%
Calcium 488mg	40%
Iron 7mg	40%
Potassium 573mg	10%

\* 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. acidophilus*, *L. bulgaricus*, *S. thermophilus*, and *Bifidobacterium lactis*], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic), **Jasmine Rice** [jasmine rice], **Grape Tomatoes, Garlic, Scallions, Whole-Wheat Tortillas** [organic whole wheat flour, water, organic safflower oil, contains less than 2 % of each of the following: cream of tartar, sea salt, organic cultured wheat starch, organic cane sugar, baking powder (sodium acid pyrophosphate, baking soda, non-gmo corn starch, monocalcium phosphate), sunflower lecithin, organic white distilled vinegar, organic maltodextrin, organic guar gum], **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.*