



**GREEN
CHEF**

SOUTHWEST TURKEY & BELL PEPPER QUESADILLAS

sharp cheddar, Monterey Jack, scallion crema

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

690

MENU

FAST & FIT

This melty two-cheese quesadilla packs surprisingly rich flavor. First, you'll sauté bell pepper, scallion, and ground turkey until tender and browned. That's all simmered in a tomato-infused, chili-spiced chicken broth, then stuffed into flour tortillas along with a blend of Monterey Jack and sharp cheddar. The cheese gets melty and the quesadillas turn crispy in no time—ready for a drizzle of scallion crema on top (or, if you prefer, serve the crema on the side for dipping!).

INGREDIENTS (11 ITEMS)

1 whole **Scallion**
1 unit **Green bell pepper**
2 oz **Monterey Jack cheese** M
1 oz **Sharp cheddar cheese** M
2 oz **Sour cream** M
1 tsp **Cholula sauce**
10 oz **Ground turkey***
1½ oz **Tomato paste**
2 tsp **Chili, cumin & paprika blend**
1 whole **Chicken stock concentrate**
2 whole **Flour tortillas** W

WHAT YOU'LL NEED

2 large sauté pans
mixing bowls
measuring spoons
thermometer
cooking oil
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.

*Ground turkey is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. 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**
- Trim and thinly slice **scallion**, separating whites from greens.
 - Medium dice **green bell pepper*** into pieces, about ½ inch each.
- *The ingredient you received may be a different color.*

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 MAKE CHEESE BLEND & CREMA**
- Place **Monterey Jack cheese** and **sharp cheddar cheese** in a medium bowl. Stir to combine.
 - Place **sour cream**, **scallion greens**, and **Cholula sauce*** in a small bowl. Stir to combine. Season with salt and pepper to taste.
- *If heat sensitive, use Cholula sauce sparingly, or omit entirely.*

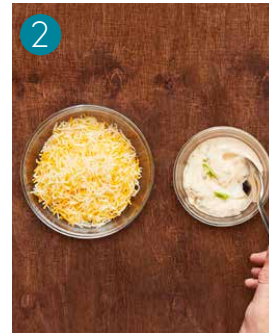
- 3 START FILLING**
- Heat 1 teaspoon cooking oil in a large sauté pan over medium heat. Add **bell pepper** to hot pan. Cook 3–4 minutes, or until slightly tender, stirring occasionally.
 - Add **scallion whites**. Cook 1–2 minutes, or until lightly browned. Season with ¼ teaspoon salt and a pinch of pepper.

- 4 FINISH FILLING**
- Add **ground turkey** to pan with **bell pepper**. Season with ¼ teaspoon salt and a pinch of pepper. Cook 4–5 minutes, or until fully cooked, breaking up **turkey** into pieces.
 - Add **tomato paste**, **chili**, **cumin**, and **paprika blend**, **chicken stock concentrate**, and about 2 tablespoons water. Simmer 2–3 minutes, or until sauce has thickened slightly, stirring occasionally.

- 5 ASSEMBLE QUESADILLAS**
- Place **flour tortillas** on a clean work surface. Sprinkle one half of each **tortilla** with about a quarter of the **cheese blend**. Top with **turkey and veggie filling**. Sprinkle with remaining **cheese blend**. Fold **tortillas** in half to create quesadillas.

- 6 COOK QUESADILLAS**
- Heat 1 teaspoon cooking oil in a second large sauté pan over medium heat. Add **quesadillas**. Cook 3–5 minutes on each side, or until cheese melts and tortillas are evenly browned.*
 - Transfer **quesadillas** to a cutting board.
- *Keep an eye on the quesadillas while they cook to prevent them from burning.*

- 7 PLATE YOUR DISH**
- Cut **quesadillas** into three wedges each.
 - Divide **Southwest turkey and bell pepper quesadillas** between plates. Drizzle **scallion crema** over top. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (370g)

Amount per serving

Calories **690**

	% Daily Value*
Total Fat 38g	49%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1420mg	62%
Total Carbohydrate 41g	15%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 47g	
Vitamin D 1mcg	6%
Calcium 430mg	35%
Iron 4mg	20%
Potassium 776mg	15%

* 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:

Ground Turkey [turkey], **Tomato Paste** [tomato paste, citric acid], **Chili, Cumin & Paprika Blend** (Smoked Paprika, Sweet Paprika, Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic, Chili Powder [chili pepper, paprika, oregano, cumin, garlic, salt, spices]), **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], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Bell Peppers**, **Chicken Stock Concentrate** [chicken stock, maltodextrin, natural flavor, chicken fat, sugar, salt, yeast extract and xanthan gum], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Sour Cream** [cultured cream], **Scallions**

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.