



HOME CHEF

ROASTED VEGETABLE QUESADILLAS

With Chihuahua Cheese, Black Beans, and Chipotle Crema



We stuff fresh tortillas with roasted vegetables and creamy Chihuahua cheese for a lighter twist on the satisfying Mexican classic. These crispy, flavor-packed quesadillas are topped with a cool, yet spicy, chipotle crema and are an excellent way to get in two full servings of veggies.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 852
Carbohydrates: 105g
Fat: 31g
Protein: 39g
Sodium: 1933mg
per serving

DIETARY



NUT-FREE

DRINK PAIRING

Tempranillo
Chardonnay
Cold Mexican Beer with Salt and Lime

INGREDIENTS

2 oz. Kale
4 Piece Cilantro
1 Piece Red Onion
4 Asparagus
13 ½ oz. Canned Black Beans
4 oz. Sour Cream
1 Tbsp. Chipotle Powder
1 tsp. Oregano
4 Piece Flour Tortillas
4 oz. Chihuahua Cheese

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
2 Mixing Bowls
Medium Pan

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Prepare the Ingredients

Preheat oven to 375 degrees and prepare a baking sheet with foil or use a non-stick baking pan. Rinse the **kale** and remove the leaves from the center stalk, also known as the rib. Slice the **leaves** into thin ribbons. Rinse and roughly chop **cilantro**. Peel **onion** and cut in half. Slice halves into thin **julienne strips** or matchsticks. Rinse **asparagus** and slice into 1" pieces. Drain and rinse **black beans**.



Prepare the Chipotle Crema

Place **sour cream** and **chipotle powder** (to taste) in a mixing bowl. Stir until chipotle powder is fully incorporated. Add **salt** and **pepper** to taste. Put in the refrigerator to chill until ready to serve.

Roast the Vegetables

Place **onion** and **asparagus** in a mixing bowl with 1 tsp. **olive oil**, **dried oregano**, and **salt** and **pepper** to taste. Mix to ensure vegetables are evenly coated with oil and spices. Arrange the coated asparagus and onion on the prepared baking sheet, avoiding overlapping. Roast for 7-10 minutes, or until vegetables are soft and slightly caramelized.



Cook the Quesadilla

Heat 1 tsp. **olive oil** in a medium pan over medium heat. Place a **tortilla** in the pan. Add ¼ of the **cheese**, **black beans**, **roasted asparagus** and **onion**, and **kale** each to one side of tortilla. After **cheese** has begun to melt, fold empty side of tortilla over side with filling. Flip tortilla and cook until both sides are browned and crispy. Repeat with remaining tortillas. Put finished quesadillas on paper towel-lined plate to soak up excess oil.



Plate the Dish

Cut the quesadillas in half and arrange 4 halves against one another in the middle of a plate. Garnish with a dollop of chilled **chipotle crema** and chopped **cilantro**.