

Caribbean Quesadillas and Salsa

Panther Pride Chefs
Brushton-Moira Central School; High School Division



2013

Ingredients:

Quesadilla

½	Butternut Squash, Peeled and Diced*
1	Onion, Medium, Chopped*
1 tsp	Garlic, Minced*
1 tsp	Maple Syrup*
2 tsp	Olive Oil
2 -15 oz cans	Black Beans, Rinsed and Drained**
½ cup	Vegetable Broth
12	Whole Wheat Tortillas, Soft**
1 ½ cups	Cheddar Cheese, Light, Shredded*
1-4 oz can	Green Chiles, Chopped

Salsa

1-28 oz can	Tomatoes, Canned, Diced, No Salt Added**
¾ cup	Corn Kernels, Frozen, Cooked**
¼ cup	Red Onion, Minced*
½ cup	Cilantro, Fresh*
1 clove	Garlic, Crushed*
1 tsp	Olive Oil
1 Tbsp	Balsamic Vinegar

Directions:

Caribbean Quesadillas

Wash, peel and dice squash. Boil in water on stove for 15-20 minutes or until tender.

In a large skillet, sauté the onion and garlic in oil until tender. Stir in beans, broth and maple syrup. Bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes or until thickened. Mash beans slightly with fork. Stir in butternut squash. Cook until heated through.

Layer 6 tortillas with ¾ cup bean mixture, ¼ cup cheese, and a rounded tablespoon of chilies. Top each with another tortilla shell.

Cook the quesadillas on greased griddle or skillet for 3-4 minutes per side or until browned. Cut into wedges; serve with salsa.

Yield: 6 servings

Salsa

In small saucepan, boil frozen corn in 1/4 cup of water. Drain and let cool.

In small bowl, combine the garlic, olive oil, balsamic vinegar, corn kernels, tomatoes, onion, and cilantro.

Yield: 2 1/2 cups

*Local Product ** Commodity (USDA) Product