

# Quesadilla Tuesday!

May 19, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



*Tuesday's aren't always for tacos! I love Quesadillas just as much, soft flour tortillas are an easy vessel to create any quesadilla. It can be as easy as just stuffing with cheese, toasting and voila you have a quick easy meal! I love adding little twist that are not your typical filling. The best part about flour tortillas is you can make it fun for the kids too! Let me show you how...*

Serves: 4 Cook time: 30 minutes

• 1 Tablespoon olive oil

- ½ onion, finely diced
- ¼ bell pepper, diced
- 2 cloves garlic, minced

- 1 Tablespoon chopped cilantro
- 1/3 cup black beans, drained and rinsed
- 1 cup of left over chicken or steak
- ½ cup Monterey jack cheese, shredded
- ½ cup cheddar cheese, shredded
- 4 (8-inch) flour tortillas
- 1 Tablespoon butter, optional
- Cilantro, Sour Cream or favorite salsa for garnish

Shred the cheese and set aside, allow it to come to room temperature if possible.

Heat the olive oil in a pan over medium heat. Add the onions, diced peppers, and garlic. Cook for 2 minutes. Stir in the black beans. Heat for 1 minute.

Add the cooked chicken to the pan. Make sure to cut into small pieces or shred the chicken ahead of time. Sprinkle on the cilantro and stir. Remove from the heat and let them cool.

Cook until heated through, 3-5 minutes. Remove from heat. Let them cool.

Clean the pan and add ¼ of the tablespoon of butter over low heat. You want just a small amount for extra crispy results. Place one tortilla on a flat surface and begin the build. Add no more than ½ cup of filling per quesadilla. Begin with 1/8 cup of cheese, followed by the vegetables, beans, and chicken, and top with another 1/8 cup of cheese. Make sure to evenly distribute filling covering the whole tortilla. Cover with another flour tortilla, press firmly, place in your already hot pan

Cover the pan and allow the cheese to melt, about 3 minutes. Flip on to other side to gently crisp. Repeat for all quesadillas. Cut each tortilla into a cross like you would a pizza creating 4 pieces.

To make it fun for the kids, grab one tortilla place filling on tortilla and roll into a cylinder like shape and place in hot pan seam side down creating roll ups! My son's favorite way of eating them!

The best part is you can add literally anything? No meat no problem, add in any of your favorite veggies, just make sure to cut into small pieces and sauté first, let cool then fill. These are also awesome for breakfast! Make your favorite omelet or scramble fill into your tortillas and you have a great breakfast to go or awesome brunch snacks! Get creative and remember use what you have before you go shopping!

Serve with salsa, guacamole, and sour cream of side garnishes. Enjoy!

