

Quesadillas with Green Salad

More hot weather fare is on tap tonight. The beauty of quesadillas is how quickly they go together. You can use a few sliced, plant-based Chick'n strips or optional chicken. This meal is quick to the table, and nourishing. Add a green salad with avocados and homemade Cilantro/Lime Dressing and you're good to go.

Preparation time: 30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients on the countertop before you start cooking. If you don't have salsa in the fridge, begin by making some. Prep 2 cloves garlic: 1 chopped for the salsa and 1 whole, peeled clove for the dressing. Prep 2 jalapeno peppers: 1 for the salsa and 1/2 each for the dressing and quesadillas.

Quick, Low-sodium Tomato Salsa

1 clove garlic (smashed and chopped)
1 Anaheim pepper (seeded and chopped)
1 jalapeno pepper (seeded and chopped)
1/4 C. fresh cilantro (chopped)
1/2 C. yellow onion (coarsely chopped)
juice from 1 lime
1/4 tsp. salt

one 15 oz. can no-salt diced tomatoes

Plant-based Choice or Chicken Option

Plant-based Choice:

1 tsp. olive oil
14 Plant-based Chik'n Strips
1/4 C. white wine

- or -

Chicken Option:

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine
salt and pepper to taste

Green Salad/Dressing

Fixings for a green salad

1 avocado (sliced)
2 tsp. lime juice

Cilantro/Lime Dressing:

1/2 C. washed Cilantro leaves
3 T. fresh lime-juice
1 clove garlic (whole, peeled)
1/3 C. extra-virgin olive oil
1 tsp. mustard
1 tsp. honey

1 tsp. smooth peanut butter
1/3 C. vegetable broth
1/2 jalapeno pepper (seeded/lightly chopped)
pinch of salt

Quesadillas

four 8" soft whole-wheat or flour tortillas
2/3 C. shredded sharp cheddar cheese
1/2 a jalapeno pepper (seeded, chopped)
Chick'n strips (or optional chicken)

1/2 C. plain, nonfat yogurt (stirred smooth)
salsa (from above)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Begin by making a green salad. Once prep is finished, the work of this meal is basically done, so you'll want the salad to be ready. Drizzle avocados with lime juice and arrange them over the salad. Set dressing on the table and allow diners to dress their own salads. Preheat the oven to 250°. You can hold the finished quesadillas in the warm oven before serving.

Quick, Low-sodium Tomato Salsa

Chop and prepare ingredients as indicated and stir together in a medium-sized bowl. Let stand.
- or -
You may also use a food processor and blend all items, except tomatoes, until well chopped. Add diced tomatoes and pulse a few times.

Plant-based Choice:

Plant-based Choice or Chicken Option

Brown Chick'n strips in 1 tsp. olive oil. Remove from heat. Add the wine to the pan and cover immediately. Set aside. Allow to cool enough to handle and slice strips lengthwise. Break into smaller pieces before adding to quesadillas.

- or -

Chicken Option:

Brown chicken breast in oil until well browned. Add 1/2 C. wine to pan, reduce heat to medium-low, cover, and cook 5 minutes per side. Season with salt and pepper to taste. Cool and slice.

Quesadillas

1. Sprinkle tortillas with a little water and stack on a serving plate. Cover with another plate and microwave 30 seconds. Place one tortilla in a lightly oiled sauté pan over medium-high heat and warm both sides about 20 seconds.
2. Sprinkle 1/2 of the grated cheese and 1/2 of the Chick'n over tortilla. Sprinkle chopped chili peppers over the chicken and cheese. Cover with the second tortilla.
3. Cover pan and cook about 40 seconds. Flip the quesadilla, cover and cook 40 seconds.
4. Remove from pan, cover cooked quesadillas and place in warm oven until time to dine. Repeat the process for the second quesadilla.

Plate the Meal

1. Cut quesadillas into 4ths. Overlap the wedges and fan them across the serving plate.
2. Serve 1-1/2 C. salad on the plate with the quesadilla slices. Place yogurt and salsa in small ramekins or bowls for each diner to spread over their quesadillas.

You may have some leftovers for lunch tomorrow or a snack for the kids.

What I've Learned from this Recipe

Quesadilla filling can be a combination of anything you wish. Try sautéing some peppers and onion, or other vegetable combinations and adding them to the quesadillas.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com