

# Potato/Jalapeno Quesadillas

Here's a meal that originated in the simplest of kitchens. Tonight you'll experience time travel as you reach back to the 1500's and transport quesadillas back to your dinner table. These potato and cheese delicacies feel pretty authentic as they're served with new harvest potatoes and cheese as they might have been in the 16<sup>th</sup> century. Dress them up with some 21st century mango salsa and serve them with some chili-spiced beet greens.

**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 clove for the greens and 1 chopped clove for the mashed potatoes. Prep 1/2 C. chopped sweet onion for the greens. If making salsa, prep 2 additional cloves garlic for the salsa and additional 1/2 C. onion.

### Potato/Jalapeno Quesadillas

#### Potato Filling

1 medium russet potato (scrubbed and diced)

1 clove garlic (chopped)  
1 tsp. butter  
1 T. nonfat milk  
1 jalapeno pepper (seeded/finely-chopped)  
1 T. lime juice

#### Quesadillas

two 8-10" corn tortillas  
1/2 C. sharp cheddar cheese (shredded)  
mango salsa

### Low-sodium Tomato Salsa

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2 cloves garlic (smashed and chopped)  
1 Anaheim pepper (seeded and chopped)  
1 jalapeño 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

#### Mango/ Tomato Salsa

1-1/2 C. fresh mango (chopped)  
3/4 C. Low-sodium Tomato Salsa

### Chili-spiced Sautéed Beet Greens

1/2 C. low-sodium vegetable broth  
pinch of salt  
2 T. balsamic vinegar  
2 tsp. molasses  
1 tsp. chili powder

1 clove garlic (smashed and chopped)  
1/2 C. sweet onion (chopped)  
1 bunch beet greens (stems and leaves  
chopped separately)

1 T. lime juice

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Once you've got things laid out and the potatoes boiled and mashed, the meal goes together easily.

### Potato Filling

Boil diced potatoes 8-10 minutes in 1 C. lightly salted water until tender. Save cooking water and use cooking pan to mash potatoes. Mash with butter, milk, chopped garlic, jalapeño, and lime juice. Set aside.

### Quick, Low-sodium Tomato Salsa

Using a food processor, blend all items (except tomatoes) until well chopped. Add diced tomatoes and pulse a few times.

Mango/Tomato Salsa: lightly mash chopped, fresh mango in a medium-sized bowl. Stir together with 3/4 C. Low-sodium Tomato Salsa and set aside until ready to dine.

### Chili-spiced Sautéed Beet Greens

1. Measure broth, salt, vinegar, molasses and chili powder into a large sauté pan. Bring to a boil.
2. Add garlic, onion and chopped stems from beet greens. Lower heat to medium-low and cook 10 minutes.
3. Add chopped leaves from greens and toss 3 minutes. Remove from heat.

### Potato/Jalapeno Quesadillas

1. Heat 9" sauté pan and rub with a little canola oil. Turn burner to medium and place a tortilla in the pan. Heat the tortilla 30 seconds and turn it.
2. Sprinkle 2 T. shredded cheddar over 1/2 of the warmed tortilla. Spoon 1/2 of mashed potato filling over the cheese and fold the tortilla over the filling. ( You'll have a thick layer of potato filling). Cook for about a minute and flip.
3. Sprinkle a little water over the top of the quesadilla and into the pan and cover. Cook for 1 more minute. Remove from pan and repeat process for a second quesadilla.

### Plate the Meal

Slice each quesadilla in half and place both halves on a dinner plate.  
Spoon 1/2 of the greens alongside of quesadilla slices leaving a little space.  
Measure 2/3 C. mango salsa into a small bowl or spoon between quesadilla and greens with a little of the salsa draped over the quesadilla.

The mango salsa works as a compliment to both the quesadilla and the greens. Buenos!

### What I've Learned from this Recipe

Historically, quesadillas were filled with whatever one had on hand. Potatoes and cheese are examples of what might have been available in early times, but seasonal vegetables, beans, or meat can also be used.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)