

Quesadillas with Fruit Salad

Quesadillas date back to 16th century Mexico. The word actually means “little cheesy things.” The Aztecs made these folded and stuffed tortillas with squash and baked them in clay ovens. You’ll make them on the stovetop with cheese, chicken and chopped peppers of your choosing.

Throw together a little tropical fruit salad to finish the plate.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

As always, 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. When prepping the fruit salad ingredients, prep them right into a medium-sized serving bowl and toss with dressing.

Quick, Low-sodium Tomato Salsa

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

Tropical Fruit Salad

1 C. chopped fresh pineapple
1 C. chopped fresh mango
1 avocado (diced)
1 Satsuma or Mandarin orange (sectioned and chopped)

2 tsp. olive oil
1 T. lime juice
2 T. cilantro (chopped)

Plant-based Choice or Chicken Option

Plant-based Choice:

1 tsp. olive oil
14 Morningstar 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

Quesadillas

four 8” soft whole-wheat or flour tortillas
2/3 C. shredded sharp cheddar cheese
one 4 oz. can fire-roasted, diced green chili peppers
Chick’n strips (or Optional Chicken)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once prep is finished, your fruit salad is basically done. If you haven't done so, dress it now. The avocados hold better if they've been dressed with lime juice.

Preheat the oven to 250°. You can hold the finished quesadillas in a warm oven for 10-15 minutes before serving.

Quick, Low-sodium Tomato Salsa

Stir ingredients 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. Then add diced tomatoes and pulse a few times.

Plant-based Choice:

Plant-based Choice or Chicken Option

Brown Chick'n strips in olive oil. Remove from heat. Grab a lid, 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.

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 and warm both sides about 20 seconds.
2. Once warmed, sprinkle 1/2 of the grated cheese and Chick'n over tortilla. Then sprinkle 1/2 of the chopped chili peppers over the chicken and cheese. Cover with second tortilla.
3. Cover pan and cook about 40 seconds. Flip the quesadilla. Cook another 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 cooked quesadillas like a pie into 4 equal wedges. Serve 3 wedge-shaped slices of a quesadilla per serving. Overlap the wedges and fan them across the serving plate.
2. Serve 1-1/2 C. fruit salad on the plate with the quesadilla slices. Place yogurt and salsa on top of quesadillas, or in small ramekins or bowls for each diner to spread over their quesadillas.

What I've Learned from this Recipe

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

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