



# ZUCCHINI AND BEAN QUESADILLAS

with Lime Crema and Baby Gem Salad

VEGGIE



## HELLO BLACK BEANS

These beans contain soluble fibre, which keeps your digestive system running smoothly

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 758



Black Beans



Zucchini



Onion, sliced



Roma Tomato



Chipotle Powder



Baby Gem Lettuce



Lime



Flour Tortillas, 6"



Mozzarella Cheese, shredded



Sour Cream

## BUST OUT

- Large Non-Stick Pan
- Strainer
- 2 Medium Bowls
- Zester
- Measuring Spoons
- Grater
- Potato Masher
- Sugar (1 tsp | 2 tsp)
- Small Bowl
- Salt and Pepper
- Whisk
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Black Beans 1 box | 2 box
- Zucchini 160 g | 320 g
- Onion, sliced 56 g | 113 g
- Roma Tomato 160 g | 320 g
- Chipotle Powder 🌶️ 1 tsp | 2 tsp
- Baby Gem Lettuce 100 g | 200 g
- Lime 1 | 2
- Flour Tortillas, 6" 1 6 | 12
- Mozzarella Cheese, shredded 2 ½ cup | 1 cup
- Sour Cream 2 3 tbsp | 6 tbsp

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Using a non-stick pan is ideal for cooking quesadillas. It prevents the tortilla from sticking to the pan, and makes flipping the quesadilla super easy!



**1 PREP** Wash and dry all produce.\* Cut the **tomatoes** into ½-inch cubes. Thinly slice the **lettuce**. Zest, then juice the **lime(s)**. Grate the **zucchini**. In a medium bowl, combine the zucchini, **half the lime juice** and **½ tsp salt** (double for 4 ppl). Set aside.



**4 MAKE BEANS** When the **beans** are warmed through, remove the pan from the heat. Using a fork or potato masher, coarsely mash the beans in the pan. Season with **salt** and **pepper**. Spread the **refried beans** equally over each **tortilla**. Wipe the pan clean.



**2 COOK BEANS** Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onions** and as much **chipotle** as you like. Cook until softened, 2-3 min. Increase the heat to medium-high. Add the **beans**, including the **liquid** from the box(es). Cook, stirring occasionally, until the beans are warmed through and the liquid is reduced by half, 4-5 min.



**5 COOK QUESADILLAS** Over a strainer, squeeze the excess liquid out of the **zucchini**. Heat the same pan over medium heat. Add **one tortilla** and top half of the tortilla with some zucchini and **cheese**. Fold the other half of the tortilla over the filling. Cook until golden-brown, 1-2 min per side. Transfer to a plate and repeat with the **remaining** tortillas.



**3 MAKE CREMA** Meanwhile, in a small bowl, stir together the **sour cream** and **lime zest**. Season with **salt** and **pepper**. Set aside. In another medium bowl, whisk together the **remaining lime juice**, **1 tsp sugar** (double for 4 ppl) and **1 tbsp oil** (double for 4 ppl). Season with salt and pepper. Set aside.



**6 FINISH AND SERVE** Toss the **lettuce** and **tomatoes** into the medium bowl with the **dressing**. Cut the **quesadillas** into wedges and divide between plates. Serve with the **salad** and **crema**.

## ALL-STAR!

These quesadillas are even better when you dunk 'em straight into the crema.

