



Cooking Made Easy

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Charred Zucchini & Bean Quesadillas

with Fresh Romaine Salad & Lime Crema



Cumin and chili powder give a one-two punch of spice and smokiness to these jam-packed veggie quesadillas. Worry not—tangy lime crema and a refreshingly crisp romaine salad help cool things off. We think this might be your new go-to quesadilla recipe!



30 min



level 1



nut free



veggie



spicy



Whole Wheat Tortillas



Kidney Beans



Romaine Lettuce



Jalapeño



Chipotle Powder



Roma Tomatoes



Onion



Mozzarella Cheese



Sour Cream



Cumin



Zucchini



Lime

Ingredients	2 People	4 People
Whole Wheat Tortillas	1)	4
Romaine Lettuce	1 bunch	2 bunches
Onion	1	2
Mozzarella Cheese	2)	2 C
Lime	1	2
Chipotle Powder	1 t	2 t
Cumin	1 t	2 t
Jalapeño	1	2
Kidney Beans	1 can	2 cans
Zucchini	1	2
Roma Tomatoes	2	4
Sour Cream	2)	4 T
Olive Oil*	1 ½ T	3 T

*Not Included

Allergens

1) Wheat

2) Milk

Ruler

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Nutrition per person Calories: 718 cal | Carbs: 66 g | Fat: 37 g | Protein: 43 g | Fiber: 18 g

Tools

Strainer, Zester, Large Pan



1 Preheat oven to 200 degrees. Halve, peel, and slice the **onion**. Halve the **zucchini** lengthwise, then slice into ¼-inch half moons. Thinly slice the **romaine lettuce**. Drain and rinse the **kidney beans**. Halve, core, seed, and chop the **tomatoes**. Zest and juice the **lime**. Finely chop the **jalapeño**, removing the seeds if you prefer less heat.



2 Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook for about 5 minutes, until softened, and set aside. Add the **zucchini** and cook, tossing, for 2-3 minutes, until softened and lightly charred.



3 Return the **onion** to the pan, then add the **kidney beans**, **cumin**, **chipotle powder**, **tomatoes**, and as much **jalapeño** as you dare. Cook for about 5 minutes, until tomatoes have softened. Taste and season with **salt** and **pepper**. Set aside.



4 Make the **lime crema**: in a small bowl, thoroughly combine the **sour cream** with the **lime zest**. Set aside.

5 Wipe the pan clean with paper towel. Heat one **tortilla** over medium heat. Sprinkle one half of the tortilla with **mozzarella cheese**, top with some **zucchini** and **kidney beans**, and top with more cheese. Fold over the tortilla and turn. Cook until cheese has melted, and tortilla is crispy, about 3 minutes. Transfer the quesadilla to a baking sheet and place in the oven to keep warm. Repeat to make the other quesadilla.

6 Make the **romaine salad**: toss the **romaine lettuce** with **lime juice**, ½ tablespoon **olive oil**, **salt** and **pepper**.

7 Cut the **quesadillas** into wedges. Serve with the **lime crema** and the **romaine salad** to the side.