



Zucchini & Smoky Bean Quesadillas

with Lime Sour Cream and Romaine Salad

Crisp flour tortillas are stuffed with black beans, sautéed onions and zucchini. Goey, melted mozzarella ties everything together, and a crisp side salad cools it all down.



Prep: 10 min
Total: 35 min



level 1



veggie



nut free



Flour Tortillas



Yellow Onion



Zucchini



Black Beans



Jalapeño
Pepper



Lime



Roma Tomato



Sour Cream



Romaine Heart
Lettuce



Mozzarella
Cheese



Southwest
Spice Blend

Ingredients

	2 People	4 People
Flour Tortillas	1)	6
Yellow Onion	1	12
Zucchini	1	2
Black Beans	1 Box	2 Boxes
Jalapeño Pepper 🌶️	1	1
Lime	1	2
Roma Tomato	1	2
Sour Cream	2)	2 T
Romaine Heart Lettuce	1	2
Mozzarella Cheese	2)	1 Cup
Southwest Spice Blend	½ T	2 Cups
Olive Oil*	1 T	1 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Zester, Strainer, Large pan, Small bowl, Baking sheet, Medium bowl

Nutrition per person Calories: 773 cal | Fat: 26 g | Sat. Fat: 8 g | Protein: 38 g | Carbs: 92 g | Sugar: 11 g | Sodium: 1016 mg | Fiber: 27 g

Ruler

0 | ¼ in | ½ in | ¾ in | 1 in



1

1 Prep the veggies: Wash and dry all produce. Preheat the oven to 200 degrees. Halve, peel, and thinly slice the **onion**. Halve the **zucchini** lengthwise, then slice into ¼-inch half moons. Zest, then halve the **lime**. Thinly slice the **romaine heart**. Core and dice the **tomato**. Drain and rinse the **beans**. Mince the **jalapeño pepper**, removing the ribs and seeds if you prefer less heat.



2

2 Cook the onion and zucchini: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onion** and season with **salt** and **pepper**. Cook, tossing for 5 minutes, until softened. Remove from the pan and set aside. Add the **zucchini** and another drizzle of **olive oil** to the pan and cook, tossing for 2-3 minutes, until slightly softened.



3

3 Finish the filling: Return the **onions** to the pan. Add the **beans**, **tomatoes**, **Southwest spice blend**, and **jalapeño pepper**, to taste. Toss for about 5 minutes, until warmed through. Season with **salt** and **pepper**. Remove from the pan and set aside.



5

4 Make the lime sour cream: In a small bowl, combine the **sour cream** and **lime zest**.

5 Make the quesadillas: Clean out the pan, then heat one **tortilla** over medium heat. Sprinkle half with the **mozzarella cheese**, then top with the **bean mixture**, and sprinkle with more **cheese**. Fold over the tortilla. Cook over medium heat until the cheese has melted, and the tortilla is crispy, about 3 minutes per side. Transfer to a baking sheet and place in the oven to keep warm. Repeat for the other quesadillas.

6 Finish and serve: In a medium bowl, toss the **sliced romaine lettuce** with a squeeze of **lime juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Cut the **zucchini** and **smoky bean quesadillas** into wedges. Serve with the **lime sour cream** and **romaine salad** to the side. Enjoy!

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