



Zucchini and Black Bean Quesadillas

with Romaine Salad and Lime Crema

Whoever said vegetarian meals aren't filling has obviously never tried these quesadillas. They're jam-packed with everything your kids will love: hearty black beans, colorful veggies, and shredded mozzarella cheese to hold all the deliciousness together. Our custom Southwest blend gives this dish a kid-proof kick without being spicy.



Prep: 10 min
Total: 35 min



level 1



nut
free



veggie



Flour
Tortillas



Black
Beans



Zucchini



Yellow
Onion



Limes



Roma
Tomatoes



Sour
Cream



Romaine Lettuce
Heart



Mozzarella
Cheese



Southwest
Seasoning

Ingredients

		4 People
Flour Tortillas	1)	12
Black Beans		1 Box
Zucchini		2
Yellow Onion		1
Limes		2
Roma Tomatoes		2
Sour Cream	2)	4 T
Romaine Lettuce Heart		1
Mozzarella Cheese	2)	8 oz
Southwest Seasoning		1 T
Olive Oil*		2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Zester, Large pan, Strainer, Small bowl, 2 Baking sheets, Medium bowl

Nutrition per person | Calories: 696 cal | Fat: 29 g | Sat. Fat: 13 g | Protein: 32 g | Carbs: 72 g | Sugar: 7 g | Sodium: 896 mg | Fiber: 14 g



1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. Halve, peel, and slice the **onion**. Halve both **zucchini** lengthwise and thinly slice into half-moons. Thinly slice the **lettuce**. Drain and rinse the **black beans**. Core, seed, and dice the **tomatoes**.



2 Cook the onion and zucchini: Heat a large drizzle of **olive oil** in a large pan over medium-high heat. Add the **onion** and **zucchini**. Cook, tossing, for 6-8 minutes, until the veggies have softened. Season with **salt** and **pepper**.



3 Make the filling: Add the **tomatoes**, **Southwest seasoning**, and **black beans** to the pan. Cook, tossing, for 5 minutes, until the tomatoes have softened. Season with **salt** and **pepper**.



4 Bake the quesadillas: Using about 2 teaspoons total, cover each **tortilla** with **olive oil**. Lay **6 tortillas** oil side down on a baking sheet (you may need two baking sheets). Sprinkle the tortillas with **half the cheese**, top with the **filling**, and sprinkle with the remaining cheese. Top with the remaining tortillas, oil side up. Bake 3-5 minutes, or until the top tortilla is slightly crispy. Flip and cook 3-5 minutes on the other side, until slightly crispy.

5 Make the crema: Zest and halve the **limes**. In a small bowl, combine the **sour cream** and **lime zest**.

6 Finish and serve: Toss the **lettuce** in a medium bowl with a squeeze of **lime juice** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Cut the **zucchini and black bean quesadillas** into wedges. Serve with the **romaine salad** and **lime crema** on the side.

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