



Kale and Black Bean Quesadillas

with Salsa and Spiced Sour Cream

Veggie 35 Minutes

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- Black Beans
- Garlic, cloves
- Lime
- Yellow Onion
- Kale, chopped
- Mexican Seasoning
- Flour Tortillas
- Mozzarella Cheese, shredded
- Sour Cream
- Tomato Salsa
- Spring Mix
- Roma Tomato

HELLO QUESADILLA
The secret to a delicious quesadilla is a crispy tortilla!

Start here

Before starting, wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Medium bowls, measuring spoons, potato masher, strainer, zester, small bowl, large non-stick pan

Ingredients

	2 Person	4 Person
Black Beans	370 ml	740 ml
Garlic, cloves	2	4
Lime	1	1
Yellow Onion	56 g	113 g
Kale, chopped	56 g	113 g
Mexican Seasoning	1 tbsp	2 tbsp
Flour Tortillas	6	12
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Sour Cream	3 tbsp	6 tbsp
Tomato Salsa	½ cup	1 cup
Spring Mix	56 g	113 g
Roma Tomato	95 g	190 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **lime**.
- Drain and rinse **beans**. Lightly mash **beans** in a medium bowl. (**NOTE:** It's okay if some beans remain whole.)
- Peel, then mince or grate **garlic**.



Cook bean filling

- Add **garlic, beans** and **remaining Mexican Seasoning** to the same pan. Cook, stirring often, until **garlic** is fragrant and **beans** are warmed through, 1-2 min.
- Stir in **remaining lime zest** and **remaining lime juice**.
- Transfer **bean filling** back into the same medium bowl (from step 1). Season with **salt** and **pepper**, to taste.
- Carefully wipe the pan clean.



Make spiced sour cream and marinate tomatoes

- Combine **sour cream, 1 tsp** (2 tsp) **Mexican Seasoning, ¼ tsp** (½ tsp) **salt** and ¼ **tsp** (½ tsp) **pepper** in a small bowl. Set aside.
- Add **tomatoes, half the lime zest, half the lime juice** and **1 tbsp** (2 tbsp) **oil** to another medium bowl. Season with **salt** and **pepper**, then toss to combine.



Cook quesadillas

- Arrange **tortillas** on a clean surface.
- Spread **bean filling** over one side of **each tortilla**.
- Sprinkle **cheese** over **filling**. Fold **tortillas** in half to enclose **filling**.
- Heat the same pan over medium.
- When hot, add ½ **tbsp oil**, then **3 quesadillas**. Cook until golden-brown, 1-2 min per side.
- Repeat with **remaining quesadillas**.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **kale** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often, until **kale** is tender, 5-6 min.



Finish and serve

- Add **spring mix** to the bowl with **tomatoes**. Season with **salt** and **pepper**, then toss to combine.
- Cut **quesadillas** into wedges.
- Divide **quesadillas** and **salad** between plates.
- Serve with **salsa** and **spiced sour cream**.

Dinner Solved!



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