



SWEET POTATO & PEPPER QUESADILLAS

with Southwest Crema & Tomato Salsa

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Sweet Potato



1 | 2
Long Green Pepper



1 | 2
Onion



¼ oz | ½ oz
Cilantro



1 | 2
Tomato



1 | 1
Lime



1 TBSP | 2 TBSP
Southwest Spice Blend



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



2 | 4
Flour Tortillas
Contains: Soy, Wheat



½ Cup | 1 Cup
Cheddar Cheese
Contains: Milk



½ Cup | 1 Cup
Mozzarella Cheese
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Breast Strips

Calories: 910



10 oz | 20 oz
Ground Turkey

Calories: 950



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 710



HELLO

SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring major flavor

FILLING CUTE

Make sure to cut your veggies on the small side so that they'll fit neatly into the quesadillas—you don't want any of that deliciousness to fall out!

BUST OUT

- Peeler
- Baking sheet
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP) (1 tsp | 1 tsp) 🍳 🍳
- Olive oil (2 tsp | 2 tsp)
- Large pan
- Medium bowl
- Paper towels 🍳

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1 ROAST SWEET POTATO

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Peel and dice **sweet potato** into ½-inch pieces. Toss on a baking sheet with a **drizzle of oil, salt,** and **pepper.**
- Roast on top rack, tossing halfway through, until browned and tender, 20-25 minutes. Transfer to a plate.



2 PREP

- While sweet potato roasts, core, deseed, and dice **green pepper.** Halve, peel, and dice **onion;** mince a few pieces until you have 1 TBSP (2 TBSP for 4 servings). Dice **tomato.** Finely chop **cilantro.** Quarter **lime.**
- Place ½ tsp **Southwest Spice Blend** (you'll use the rest in the next step) in a small bowl and reserve for Step 4.

- 🍳 Pat **chicken*** dry with paper towels.
- 🍳 Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **turkey*;** season with **salt** and **pepper.** Cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



3 COOK VEGGIES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **green pepper** and **diced onion;** season with **salt** and **pepper.** Cook, stirring, until tender, 5-7 minutes.
- Once **sweet potato** is done, add to pan along with **remaining Southwest Spice Blend.** Cook, stirring, until fragrant, 1 minute. Turn off heat.

- 🍳 Use pan used for chicken or turkey here.



4 MAKE SALSA & CREMA

- In a medium bowl, combine **tomato, cilantro, minced onion,** a **squeeze of lime juice,** and a **large drizzle of olive oil.** Season generously with **salt** and **pepper.**
- To bowl with **reserved Southwest Spice Blend,** add **sour cream,** a squeeze of lime juice, and a **pinch of salt.** Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



5 ASSEMBLE QUESADILLAS

- Place **tortillas** on a clean work surface.
- In a second small bowl, combine **cheddar** and **mozzarella.**
- Sprinkle **half the cheese mixture** onto one half of each tortilla. Top with cooked **veggies,** then sprinkle with remaining cheese mixture. Fold tortillas in half to create **quesadillas.**

- 🍳 Add **chicken** or **turkey** to **tortillas** along with **veggies.**



6 FINISH & SERVE

- Wash out pan used for veggies. Heat a **drizzle of oil** in same pan over medium-high heat. Add **quesadillas** and cook until tortillas are golden brown and cheese melts, 2-4 minutes per side. **TIP: Depending on the size of your pan, you may need to work in batches.**
- Cut quesadillas into wedges and divide between plates. Top with **salsa** and **crema.** Serve with **remaining lime wedges** on the side.

🍳 *Chicken is fully cooked when internal temperature reaches 165°.

🍳 *Ground Turkey is fully cooked when internal temperature reaches 165°.