



JUN  
2016

## 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 in ¼ in ½ in ¾ in 1 in



**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 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 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.



**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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