

Mexican Quesadillas

Recipe By *Jamie Geller*



Cooking and Prep:  06
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Serves:  6

Contains:   

Preference: Dairy

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Pescetarian

Source: Joy of Kosher with
Jamie Geller

Cuisines: Mexican

It is hard to find good kosher Mexican food. I got so tired of looking that I decided to make it myself. Quesadillas are a great light appetizer. You can fill them with almost anything.

Ingredients (7)

Main ingredients

- 6 (10-inch) flour tortillas
- 3 cups shredded mozzarella cheese
- 1 and 1/2 cups canned corn, drained
- 1 and 1/2 cups canned black beans, rinsed and drained

1 ripe Hass avocado, peeled, pitted, and sliced

1/2 cup prepared salsa

1/2 cup sour cream

Start Cooking

Prepare the Quesadillas

1. Heat 12-inch sauté pan over medium heat.
2. Spray tortilla with non-stick cooking spray. Place it flat on heated skillet for one minute then flip tortilla over.
3. Sprinkle one cup cheese on the tortilla, followed by half cup of each, corn and beans as well as four slices avocado.
4. Place another tortilla on top to make a sandwich. Cover pan with lid. After one minute, flip the quesadilla.
5. When cheese has melted, remove quesadilla and place on a warm plate; repeat with remaining tortillas, vegetables, and cheese.
6. Cut each quesadilla into four wedges. Top each piece with a dollop of salsa and sour cream before serving.

Tip:

Warm a plate in the microwave for about one minute, a good idea for this or any other time you need to keep something nice and hot.

Credit

Recipe Courtesy of QUICK & KOSHER Meals in Minutes, by Jamie Geller (Feldheim 2010).