

Black Bean Quesadilla

Classic, simple and delicious. With Mexican-spiced corn and black beans, plenty of Chihuahua cheese and Jicama Salsa, this is what a quesadilla should be.

20 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Baking Sheet

FROM YOUR PANTRY

Olive Oil

4 MEEZ CONTAINERS

Tortillas
Spiced Corn &
Beans
Chihuahua
Cheese
Jicama Salsa

Add Protein Cooking Instructions

Integrate into recipe: Prior to step 2, cook the protein (per instructions below). Slice the protein into strips (flake the salmon and cut shrimp in half) and layer into the quesadilla in step 3.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

Health snapshot per serving – 640 Calories, 30g Protein, 32g Fat, 63g Carbs, 21 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Flour Tortillas, Chihuahua Cheese, Corn, Black Beans, Jicama, Tomato, Red Onion, Red Radish, Cilantro, Queso Fresco, Sour Cream, Onion Powder, Cumin, Coriander, Garlic, Lime, Olive Oil.

meez *meals*

1. **Getting Organized**

Preheat your oven to 400.

2. **Prep the Tortillas**

Oil the baking sheet with 1 Tbsp of olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down.

3. **Build the Quesadilla**

Sprinkle half the **Spiced Corn & Beans** on the first tortilla then top with half the **Chihuahua Cheese**. Fold the tortilla over in half and press down to keep it closed, encasing the cheese, and corn & beans. Repeat for the second tortilla.

4. **Put It All Together**

Bake the quesadillas until the tops are golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Cut into wedges and serve with the **Jicama Salsa** on top. Enjoy!

Instructions for two servings.

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