

# Grilled Zucchini Quesadilla Tacos

This dinner is part cheesy quesadilla, part taco and a Mexican star through and through. It all starts with Chihuahua cheese melted on corn tortillas, which get topped with grilled zucchini, Mexican bean salad and then eaten like a taco. It's an ooey-gooey delicious dinner that's on the table in 15 minutes. Why didn't we think of this sooner?

**15** Minutes to the Table

**15** Minutes Hands On

**1 Whisk** Super Easy

## Getting Organized

### EQUIPMENT

- Broiler and Baking Sheet or Grill
- 2 Mixing Bowls

### FROM YOUR

### PANTRY

- Olive Oil
- Salt & Pepper

### 5 MEEZ CONTAINERS

- Spiced Beans
- Lime Vinaigrette
- Zucchini
- Corn Tortillas
- Chihuahua Cheese

## Add Protein Cooking Instructions

**Integrate into recipe:** While the zucchini is roasting in step 3, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and serve in the tortillas in step 4.

**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 for 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

**If you're making the vegan version**, we've left the cheese out of your meal. Instead of making a melty quesadilla, assemble it as a delicious taco.

**Health snapshot per serving** – 445 Calories, 17g Protein, 11g Fiber, 14 Smart Points

INGREDIENTS: Zucchini, Chihuahua Cheese, Black Beans, Great Northern Beans, Yellow Onion, Corn Tortillas, Lime, Cider Vinegar, Cilantro, Jalapeño, Granulated Garlic, Coriander, Agave Syrup, Cumin

meez meals

### 1. Getting Organized

Heat your grill or preheat your broiler. (If you're broiling, put the top rack of your oven about 6 inches from the heating element.)

### 2. Make the Bean Salad

Put the **Spiced Beans** into a mixing bowl with the **Lime Vinaigrette** and toss well. Season with salt and pepper, and put into the refrigerator to chill.

### 3. Roast the Zucchini

Put the **Zucchini** into another mixing bowl. Toss with olive oil and season with salt and pepper. Put on to the grill or on a rimmed baking sheet under the broiler. Cook until very soft and slightly browned, about 10 to 12 minutes.

*Flip the zucchini a few times while it cooks.*

### 4. Put It All Together

Put the **Corn Tortillas** on to the grill or on a rimmed baking sheet under the broiler. Heat until warm, about 30 to 60 seconds. Turn and top with the **Chihuahua Cheese** and cook until the cheese melts, about 2 to 3 minutes. Top with the roasted zucchini and bean salad. Enjoy!

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**