

POTATO AND POBLANO Quesadilla WITH SALSA



PORTION: 2 Quesadillas
SERVES: 4

SUPERFOOD

INGREDIENTS

1 ea Tomato	3 oz Yellow Onions, Chopped
2 Tbsp Cilantro, Chopped	1 1/2 tsp Garlic, Minced
1 tsp Jalapeño	1/4 tsp Kosher Salt
1 Tbsp Vinegar	4 oz Shredded Cheddar Cheese
12 oz Red Bliss Potatoes, Quartered	8 ea 6" Corn Tortilla
1 ea Poblano Pepper	1 Tbsp Canola Oil

METHOD

1. Make the Salsa: Mix the tomato, cilantro, jalapeño and vinegar in a small bowl. Set aside.
2. Next, add the quartered red bliss potatoes into a pot with cold water and bring to a boil and simmer until tender, about 15 minutes. Drain potatoes and set aside.
3. Roast chiles in a 400F degree oven or on the grill until skin is charred, place in a bowl and cover with plastic wrap to steam. Remove skin and seeds; chop and set aside.
4. Heat oil and sauté chopped onions until tender, about 5 minutes. Add the garlic and the cooked potatoes and cook for 10 minutes. Add the chopped poblano peppers and mash the potatoes with the back of a spoon. Season with salt. Remove from heat.
5. For each corn tortilla, sprinkle with 1 tsp cheddar cheese on one-half and top with 1/4 cup of the potato filling. Sprinkle another 1 tsp of cheese and fold the tortilla in half. Push down on the tortilla to ensure the filling is evenly spread. Repeat with remaining tortillas. In a dry hot skillet over medium heat, toast filled tortillas on both sides, about 1 minute on each side. Cut in half, and serve with salsa.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
340	10g	3.5g	51g	14g	7g	340mg