

Portion size: 2 Quesadillas

Potato and Poblano Quesadilla with Salsa

Yield: 4 servings

Roasted Salsa: yields 1 cup

3 each	Roma Tomatoes, Fresh
1/2 each	Onions, Fresh, Quartered
1/2 each	Jalapeno Peppers, Fresh
1/8 tsp	Minced Garlic Cloves, Fresh
3 Tbsp	Cilantro, Fresh, Chopped
1/4 tsp	Kosher Salt
1/8 tsp	Ground Black Pepper
1-1/4 tsp	Lemon Juice, Fresh

12 oz
1 each
2 tsp
3 oz
1-1/2 tsp
1/4 tsp
8 each
3 oz
1/2 each
16 each

Red Bliss Potatoes, Quartered
Poblano Peppers, Fresh
Oil, Olive Canola Blend
Onions, Fresh, Chopped
Minced Garlic Cloves, Fresh
Kosher Salt
Corn Tortillas, 6"
Reduced Fat Monterey Jack Cheese, Shredded
Serrano Peppers, Seeded, Minced
Cilantro Sprigs, Fresh



Place whole tomatoes, quartered onions and halved jalapeno chilies on the grill or under a broiler. Turn the vegetables to char evenly. Place cooked vegetables in a blender or food processor and add garlic, cilantro, salt, black pepper and lemon juice. Puree to desired consistency - smooth to slightly chunky. Add 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 reserve. Alternatively, steam quartered potatoes until tender. Roast chilies under a broiler (do this when making salsa) until skin is charred, place in a bowl and cover to steam. Remove skin and seeds; chop and reserve. Heat oil and sauté chopped onions until tender, about 5 minutes. Add the garlic, serranos and the cooked potatoes and cook for 10 minutes. Add the chopped roasted poblano chilies and cheese and mash the potatoes with the back of a spoon or in a mixer. Season with salt. Rough mash is fine. Remove from heat. For each corn tortillas, place 1/4 cup of the potato filling 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.

Each serving is 2 quesadillas, ¼ cup salsa and garnished with 2 sprigs of cilantro.

Chef's Notes: Make extra salsa and have on hand to serve as a dip for chips.

Calories (kcal)

Protein (g)

Carbohydrate (g)

Total Fat (g)

Cholesterol (mg)

Sodium (mg)

Sat Fat (g)

Dietary Fiber (g)

322.6

12.7

50.2

8.9

13.8

476.8

3.6

7.5