

# Quesadillas

## Ingredients:

- Flour or corn tortillas (corn is traditional throughout most of Mexico)
- Shredded cheese (Monterey jack works well)
- Filling of choice - see right
- Toppings of choice. Options include:
  - Salsa (homemade or jarred)
  - Pico de gallo
  - Sour cream or Mexican crema
  - Guacamole
  - Pickled jalapenos

## Preparation:

To assemble, heat a skillet to medium heat and add butter or oil. Place a tortilla on the hot pan and cover half with the filling of your choice and cheese. Fold the tortilla over the filling and cook for 6 to 8 minutes, or cheese is melted, flipping once halfway.

*Adapted from Better Homes and Gardens*

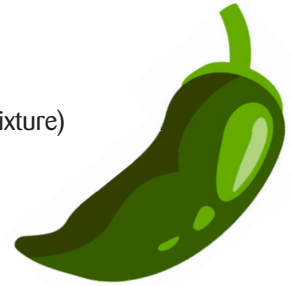


## Quesadilla Fillings:

### Filling 1: Braised chicken Filling

#### Ingredients:

- 1 ½ pounds chicken (breasts, thighs or a mixture)
- 1 tablespoon oil
- 1 large onion, chopped
- 3 to 5 cloves of garlic
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander (optional)
- 1 teaspoon chili powder
- 1 teaspoon dried oregano (Mexican oregano is stronger if you can find it)
- 1/2 teaspoon salt
- 1/2 cups chicken broth, or 1 12oz bottle of lager beer
- 1 12 oz can of tomatillos (fresh rinsed and peeled tomatillos work too or tomatoes are fine, if tomatillos are hard to find)
- 1 4 oz can of diced green chilies.



#### Preparation:

- In a Dutch oven or lidded pan, sauté garlic and onion until soft. Add cumin, coriander, oregano and salt. Cook until soft and aromatic.
- Add broth or beer, tomatillos and chilies and bring to a boil. Add chicken and reduce heat to a simmer.
- Cook, covered for about 15 minutes, or until chicken is tender and no longer pink. Use a slotted spoon to remove chicken to a cutting board or strainer.
- Gently boil remaining liquid, uncovered for about 10 minutes or until it starts to thicken. Stir occasionally to break up the tomatillos.
- Meanwhile, shred chicken with forks, or, if cooled, shred by hand. In a medium bowl, add reduced liquid to the shredded chicken until the mixture reaches the desired consistency.
- This makes a great taco filling as well!

### Filling 2: Chipotle Black Bean Filling

#### Ingredients:

- 2 teaspoons oil
- 1 can black beans (or fresh beans that have been soaked and cooked)
- 1 to 2 chipotles from a can of chipotles in adobo sauce (canned green chilies or fresh jalapenos work as well)
- 1/2 of a large onion
- 2 cloves of garlic
- Salt to taste

Cooked Mexican chorizo or chopped Spanish chorizo is a delicious addition to this as well

#### Preparation:

- Heat a pan to medium heat and add oil. Sauté onions and garlic until soft and translucent. Add black beans and salt and heat the bean mixture. Add cheese and melt.



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