

GOAT CHEESE AND RED ONION QUESADILLA

Yield: 4 Portions

Ingredients	Amounts
Red onions, thinly sliced	1 ea.
Olive oil	2 Tbsp.
Salt	½ tsp.
Black Pepper	¼ tsp.
Jack cheese, grated	1 cup
Flour tortillas, 6-inch	8 ea.
Goat cheese	½ cup
Cilantro leaves	½ cup
Sour cream	¼ cup
Tomatillo Salsa	
Tomatillos	5 ea.
Jalapeno	1 ea.
Garlic clove	1 ea.
Cilantro, chopped	¼ cup
Salt	¼ tsp.
Ground black pepper	¼ tsp.

Method

1. Microwave the onions with the 1 Tbsp. olive oil on P10 for 2 ½ minutes, until soft and translucent. Season with salt and pepper.
2. For each quesadilla, sprinkle 3 Tbsp. of Jack cheese on a flour tortilla. Crumble 1 Tbsp. of the goat cheese over the Jack cheese. Spoon 2 Tbsp. of the cooked onions on top and lay 8 sprigs of cilantro over the onions. Cover with second flour tortilla and press down.
3. Brush quesadilla with some of the remaining olive oil, cover lightly with paper towel, and microwave for 1 minute on P8. Repeat steps with the remaining quesadillas.
4. Top each quesadilla with 1 Tbsp. of sour cream and 1 Tbsp. of tomatillo salsa.

Tomatillo Salsa

1. Remove the husk from the tomatillos.
2. Place the tomatillos and jalapeno in a 1 qt. microwave dish with about ½ cup of water. Microwave covered at P10 for 5 minutes, until the tomatillos are fully cooked and have become a dull green color.
3. Remove the stem and seeds from the jalapeno.
4. Strain the tomatillos and place into a food processor

Nutrition Facts

Serving Size 1 serving	
Servings Per Container 4	
Amount Per Serving	
Calories 530	Calories from Fat 290
% Daily Value*	
Total Fat 32g	49%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1150mg	48%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 20g	
Vitamin A 20%	Vitamin C 15%
Calcium 40%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

- with the flesh of the jalapeno, garlic, salt, and pepper. Process until smooth. Add the cilantro and pulse until incorporated.
5. Serve warm or chilled.