

Quesadillas with Corn Salsa

Ingredients

1 ear fresh corn
1 small Roma tomato, diced
1/4 bell pepper, small dice
35 g red onion, fine dice
2 sprigs fresh cilantro, chopped
1/2 lime, juiced
1/2 small jalapeño (optional), thin sliced
1 1/2 tbsp olive oil, divided
1/2 tsp salt

1/4 cup pinto beans, drained and rinsed
30 g mozzarella cheese, grated
25 g sharp white cheddar, grated
2 8-inch whole wheat tortillas

Instructions

1. Shuck the corn by removing the husk and composting it. Balance the cob vertically on the cutting board. If base is uneven, slice it to make it flat.
2. Run the knife from the top to the bottom of the cob, try to get the knife blade as close to the center of the cob as possible to release the corn kernels.
3. Cook the corn kernels in a frying pan with 1/2 tbsp olive oil over medium heat for about 5 minutes until the corn kernels are soft and starting to char.
4. In a bowl placed the cooked corn kernels, tomato, bell pepper, red onion, cilantro, lime juice, jalapeño, 1 tbsp olive oil and salt.
5. Assemble the quesadillas by evenly spreading both cheeses over the tortillas. Making sure to only place over half of the tortilla.
6. Evenly divide the pinto beans and place them over the cheese.
7. Spread some of the corn salsa over the pinto beans.
8. Fold the empty half of the tortilla over the filled part to create a quesadilla.
9. Cook the quesadillas on a lined baking tray at 350 degrees for 8-10 minutes until cheese is melted or in a frying pan at medium heat until cheese is melted and tortilla is golden brown on both sides.
10. Serve with the remaining corn salsa.