

### Quesadilla

Show:  Feb 20th

---

Ingredients :Serves 12

1 Tbls. Cooking oil  
1 Red bell pepper, chopped  
2 Tomatoes, peeled and chopped, plus 1/4 cup finely minced tomatoes  
1 clove Garlic, minced  
4 Green Onions, including tops, chopped  
Salt and pepper to taste  
3/4 cup Cheddar cheese, coarsely chopped  
12 Tortillas  
1 Onion, small, minced  
2 Avocados, very ripe, sliced  
2 Tbls. Parsley or Cilantro, finely chopped

**Procedure:**

In a sauté pan, heat oil, add chopped bell pepper, chopped tomatoes, minced garlic, chopped green onions, including the tops, salt and pepper to taste. Let simmer until fully cooked then add cheese. Mix well.

Mix the avocados and minced onion. Heat tortillas to soften them. Spread each tortilla with the avocado mix and add the sautéed mixture on top, evenly proportioned. Garnish with chopped parsley or cilantro and finely minced tomatoes.

**Another option:**

Roll it up so it becomes a fajita. Fajita is skirt steak that has been marinated in a mixture of oil, lime zest, red bell pepper, oregano and garlic for at least 24 hours. Grill and slice it into thin strips. Add some roasted peppers and onions.

[« Back to List of Recipes](#)

