

Squash Blossom Quesadillas

4 Servings • 1 Serving = 1 Quesadilla



INGREDIENTS

- 8 corn tortillas
- 4 ounces skim mozzarella cheese, shredded
- 8 squash blossoms

DIRECTIONS

1. Wash and prepare the squash blossoms. Using your fingers, carefully separate the petals from the pistil in the center. Lay them on a paper towel and gently pat dry. Either cut or gently tear away any stems.
2. Heat a nonstick skillet over medium heat. Once warm, place one corn tortilla on the skillet and top with 1 Tablespoon of the cheese. Gently tear apart 2 squash blossoms into bite sized pieces and arrange them evenly on the tortilla. Add 1 more Tablespoon of cheese and top with another corn tortilla.
3. Warm until cheese starts to melt. Flip and continue cooking until cheese is fully melted and quesadilla is lightly toasted.
4. Repeat with remaining ingredients.

Nutrition Facts

servings per container
Serving size (78g)

Amount per serving
Calories **170**

% Daily Value*

Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 240mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%

Protein 9g	
Vitamin D 0mcg	0%
Calcium 202mg	15%
Iron 0mg	0%
Potassium 67mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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