

# Spicy Black Bean Quesadillas

with Roasted Carrot & Avocado Salad

TIME: 45-55 minutes

SERVINGS: 2

Chipotle chile paste—made from dried ripe jalapeños—adds an exhilarating twist to tonight's quesadillas. Its smoky, savory heat is the perfect complement to the classic Tex-Mex combination of black beans and Monterey Jack cheese. Red onion, cooked until caramelized and sweet, balances out the heat. (Chefs, the paste is mighty hot, so be sure to add only as much as you'd like!) A side salad of radishes, avocado, and roasted carrots rounds out the dish with a creamy, sweet, and crunchy element, while lime-seasoned sour cream helps tame the heat further.



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## Ingredients



4  
FLOUR TORTILLAS



1 ¼ cups  
BLACK BEANS



3  
RADISHES



2  
CARROTS



1  
AVOCADO



1  
LIME



1  
YELLOW ONION



1 bunch  
CILANTRO



2 oz  
MONTEREY JACK  
CHEESE



2 Tbsps  
GRATED COTIJA  
CHEESE



¼ cup  
SOUR CREAM



2 cloves  
GARLIC



2 tsps  
CHIPOTLE CHILE  
PASTE



1 oz  
PICKLED  
GOATHORN  
PEPPERS

## KNICK KNACKS:



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## 1 Prepare & roast the carrots:

- ☐ Preheat the oven to 450°F. Line a sheet pan with aluminum foil.
- ☐ Wash, dry, and peel the **carrots**. Halve lengthwise, then cut crosswise into 1-inch pieces. Place on the prepared sheet pan. Drizzle with olive oil; season with salt and pepper. Toss to thoroughly coat. Arrange in a single layer. Roast 17 to 19 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven. Set aside in a warm place.

## 2 Prepare the remaining ingredients & season the sour cream:

- ☐ While the carrots roast, wash and dry the remaining fresh produce.
- ☐ Peel and thinly slice the onion.
- ☐ Peel and roughly chop the garlic.
- ☐ Drain and rinse the beans.
- ☐ Grate the Monterey Jack cheese on the large side of a box grater.
- ☐ Halve the lime crosswise.
- ☐ Pit, peel, and medium dice the avocado. Place in a medium bowl; top with **the juice of 1 lime half**. Season with salt and pepper to taste.
- ☐ Cut off and discard the ends of the radishes; halve lengthwise, then thinly slice crosswise.
- ☐ Roughly chop the peppers.
- ☐ Roughly chop the cilantro leaves and stems.
- ☐ In a bowl, combine the **sour cream** and **the juice of the remaining lime half**. Drizzle with olive oil and season with salt and pepper to taste.

## 3 Cook the onion:

- ☐ In a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until browned and softened. Transfer to a plate. Set aside in a warm place. Wipe out the pan.

## 4 Cook the beans:

- ☐ While the onion cooks, in a small saucepan, heat a drizzle of olive oil on medium-high until hot. Add the **garlic** and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **beans** and **¼ cup of water**; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until thickened. Turn off the heat. Season with salt and pepper to taste.

## 5 Assemble & cook the quesadillas:

- ☐ Place the **tortillas** on a work surface. Sprinkle the **Monterey Jack cheese** onto 1 side of each tortilla. Top with the **cooked onion** and **cooked beans**; season with salt and pepper. Fold each tortilla in half.
- ☐ In the pan used to cook the onion, heat a drizzle of olive oil on medium until hot. Working in batches, add the quesadillas; cook 2 to 3 minutes per side, or until the tortillas have browned and the cheese has melted. (If the pan seems dry, add a drizzle of olive oil between batches.) Transfer to a cutting board. When cool enough to handle, cut in half. Transfer to a serving dish. Garnish with **half the cilantro**.

## 6 Make the salad & plate your dish:

- ☐ Add the **roasted carrots**, **radishes**, **peppers**, **remaining cilantro**, and a drizzle of olive oil to the bowl of **seasoned avocado**. Stir to combine; season with salt and pepper to taste. Transfer to a serving dish. Garnish with the **Cotija cheese**. Serve with the **seasoned sour cream**. Enjoy!