



THE OPEN DOOR/CAPE ANN FOOD PANTRY

## *Jack's Famous Quesadillas*

*Today's recipe provided by:*

*Jack Vondras, Director*

*Gloucester Health Department*

**Serves four:** This is a delicious entrée or appetizer that will add to any meal. Once you prepare this the first time, you will see how easy it is to prepare and how much others will enjoy these. This recipe can be changed a dozen different ways by changing or adding different ingredients and using your imagination. This can be made with meat such as chicken, or seafood such as shrimp or scallops and will be a fine meal. If you are missing an ingredient, just substitute another, and it will still be great. **Takes about 25 minutes to prepare.**

### **Main Ingredients:**

8 flour Tortillas (Spinach, Tomato or Plain)	½ Green Pepper, Sliced
1 Cup Refried Beans (Canned)	¼ Cup Fresh Coriander, Chopped
1 Cup Cheddar Cheese, Shredded	6 Mushrooms, Sliced
½ Cup Sliced Carrots	2 Tble. Olive or Corn Oil or Pam Spay
½ Small Onion, Sliced Thin	1 Cup Steamed Broccoli, Chopped
1 Cup Spinach, Washed and Stems Removed	Dash of Black Pepper
1 Tsp. Curry Powder	½ cup Raisins

**Quesadillas:** Place a flour tortilla on a flat surface. Spread with a butter knife approximately ¼ Cup refried beans over the surface covering as thinly and completely as possible. Sauté' in a small sauté' pan with olive oil, onion, green pepper, carrots, broccoli, spinach, and mushrooms until tender and crisp. Spread ¼ of the sautéed vegetable mixture next over the beans. Add all other ingredients (¼ of curry powder, black pepper, coriander, and raisins) except the cheese. Spread cheese on top, and add a top tortilla. Next, sauté the quesadilla in a large skillet in a small amount of vegetable oil on each side until brown. Continue to prepare and cook other Quesadillas as shown above using a small amount of oil or Pam Spray with each set. Use a pizza cutter to slice into 6-8 wedges. **Serve hot and enjoy.**

### **Today's demonstration chefs:**

Jack Vondras, Director, Gloucester Board of Health

Julie LaFontaine, Executive Director of The Open Door/Cape Ann Food Pantry