



RAINBOW CHARD & APPLE QUESADILLAS WITH GUACAMOLE BACKGROUND

Recipe Background: Guacamole and quesadillas are a delicious snack for when you need energy. A little guacamole goes a long way. You can keep the leftovers in the fridge in a sealed container. The tangy lime keeps the avocados from turning brown. Guacamole used to be made with a **mortar and pestle**.

The history of quesadillas begins with the story of corn tortillas. Tortillas are round, thin, flat breads made from ground **maize** (corn). Tortillas have been a staple food in Mexico since before conquistadors came to the New World in the late 1400's. Tortillas are eaten as bread or used as plate and spoon. People also fill them to make combination dishes like tacos and enchiladas. A quesadilla is a "turnover" made by folding a tortilla in half around a filling. Then, they are toasted or fried until golden.

Quesadillas are a favorite Mexican snack. They are filled with strips of stringy, melted cheese to seal them tight. Simple quesadillas are filled with cheese, a few fresh leaves of **epazote**, and strips of peeled chile poblano. Potato and chorizo sausage filling is also a favorite version. The best ones are made of sautéed squash blossoms (*flor de calabaza*) or the fungus that grows on corn blossoms (*huitlacoche*). Quesadillas are a great way to use up leftovers. You can make your own creations with almost any leftover meat and/or veggie. The pesto in this recipe gives them a rich flavor that is very filling and nutritious.

Nutrition: The cheese gives you calcium. Calcium is a very important mineral for teens with growing bones. Protein in quesadillas can come from cheese, meat, or beans. Finally, fresh herbs and vegetables add vitamins and fiber.

Mexican Food: The Aztec, Maya, and Zapotec cultures lived in Mexico before the Spanish arrived. These cultures mixed together to make Mexican food what it is today. This mixing is called *mestizaje* in Spanish. The Spanish liked what they saw in Mexico and added a few things of their own. The Spanish brought farmed animals, sugar, and cheese from Europe.

Corn has been a staple for over 4,000 years. It is the backbone of the diet. First, the kernels are softened in water and lime. Then, they are ground and made into tortillas. Corn, beans, and chilis are the holy trinity of Mexican cookery.

Fruits and vegetables seem to taste better in Mexico than anywhere else! Some commonly used fruits and vegetables are tomatoes, squash, sweet potatoes, avocado, coconut, pineapple, papaya, and prickly pear cactus. Spices that flavor the pot are cinnamon, clove, anise, and cumin. Cilantro, thyme, marjoram, and *epazote* are popular herbs.

MORTAR AND PESTLE: a bowl and hand tool used to grind or mash foods

MAIZE: corn

EPAZOTE: a strong herb





RAINBOW CHARD & APPLE QUESADILLA RECIPE

Prep Time: 15 minutes **Cook Time:** 20 minutes **Makes:** 16 tasting servings

Recipe by Lynn Fredericks, FamilyCook Productions

Cultural Background:

Where in the World? Mexico, North America

Staple Foods: Corn

Did You Know? Mexican dishes combine ancient Mexican foods and additions from the conquistadors.

Nutrition: This Dish Is Rich In...

Carbs: tortillas

Protein: cheese

Fat: pesto, cheese, avocado

Vitamins and Minerals: all! (fruits, veggies, and pesto also have fiber!)

Ingredients:

1	Onion, medium
3 tablespoons	Olive Oil
3	Apples
1/3 cup	Apple Cider
1 bunch	Rainbow Chard
10 ounces	Goat Cheese
8	Whole Wheat Tortillas

Garnish:

1/2 cup	Crème Fraiche
	Caramelized Apples & Shallots

Directions:

1. **WASH** all the produce.
2. **DICE** the onion very fine.
3. In a medium saucepan, **HEAT** the olive oil over high heat.
4. **ADD** the onions, **REDUCE** heat to low and **SWEAT** until translucent, approximately 5 minutes.
5. Meanwhile, **PEEL, CORE** and **DICE** the apples.
6. **ADD** the apples and cider. **COOK** for 5 minutes, until apples are tender.
7. Meanwhile, **BOIL** water in a small saucepan.
8. **SHRED** the chard and **BLANCH** it in the boiling water for 1 minute.
9. **REMOVE** and **SQUEEZE** the water from the chard. **KEEP** the water.



TEEN BATTLE CHEF

Summer Leadership Brigade



10. **ADD** to the chard to the onion and apple mixture. If the mixture is hard to mix, **ADD** reserved water from the chard. **MIX** thoroughly and set aside.
11. **PLACE** 4 of the flour tortillas on a table or cutting board. **SPREAD** an equal portion of the chard mixture on each tortilla.
12. **DIVIDE** the goat cheese into four equal portions with a table knife. **CRUMBLE** each portion evenly across each quesadilla.
13. **PLACE** another flour tortilla over each quesadilla. **PRESS** it down firmly over the filling.
14. **HEAT** a large skillet over medium high heat.
15. **COOK** each quesadilla in the dry skillet until browned on the bottom, then **FLIP** it over with a spatula to **COOK** the second side. **WRAP** in foil to **KEEP** hot while you **COOK** the rest of the quesadillas.
16. **CUT** in wedges and **GARNISH**.

SEASONAL VARIATIONS

Season	Variation
Fall	<ul style="list-style-type: none">• sautéed Mushrooms• Brie Cheese• smashed Black Beans
Winter	<ul style="list-style-type: none">• sautéed Beet Greens• left-over baked or mashed Potatoes• sliced Jalapeno• Cheddar Cheese
Spring	<ul style="list-style-type: none">• Cilantro• sliced Avocado• Lime Juice
Summer	<ul style="list-style-type: none">• diced Red or Yellow Bell Pepper• fresh Herbs• Smoked Salmon





RAINBOW CHARD & APPLE QUESADILLA
INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- 1 medium Onion
- 3 Apples
- 1 bunch Rainbow Chard
- 10 ounces Goat Cheese
- 1 package Whole Wheat Tortillas
- Crème Fraiche to garnish
- caramelized Apples & Shallots to garnish

NON-PERISHABLE INGREDIENTS

- 3 tablespoons Olive Oil
- 3 ounces Apple Cider

COMMON EQUIPMENT

- Chef's Knife
- Cutting Boards
- Measuring Spoons & Cups
- Wooden Spoon
- Colander
- Oven Mitts
- 10 *Mise en Place* Bowls

SPECIAL EQUIPMENT

- Large Sauté Pan
- Small Saucepan
- Spatula
- Pizza Cutter (optional)

DISPOSABLE SUPPLIES

- Tasting Spoons
- Paper Towel Roll
- Napkins for all

SUPPLIES

- Stove
- Plates for all
- Forks for all

