

# B.G.C. QUESADILLAS WITH CITRUS SLAW

YIELD: 100 Servings

Chef Ryan Eckles

Beans, greens, and cheese quesadillas, yes, please! This method for preparing canned beans is great for departing deep flavor with a variety of applications. In this recipe we use garbanzo beans and puree them to a “refried” texture. The Sazon de Abuela was developed by Margarita, a cook in Salem, who uses this versatile spice blend on everything from stewed beans and roasted veggies to her (locally) famous Chicken Cheesesteak. Try it with just about any bean you have, left whole or pureed, for a new meat-alternate option in everything form wraps, to quesadillas, to the salad bar.

## INGREDIENTS

- 6.25# Garbanzo Beans
- 6.25# Mozzarella Cheese
- 8# Kale, remove ribs/stems and chop (4# cooked)
- 1.5# Frozen Peppers and Onions
- ¼ cup Tomato paste
- 1 Red onion, diced
- ½ cup Sazon de Abuela
- 3 +1/3 cup Vegetable stock
- 3 Tablespoons Red wine vinegar or Cider vinegar
- 1 teaspoon Salt
- 1 Tablespoon Garlic, minced
- 1¼ cup Vegetable oil
- 10# Cabbage mix
- 1 cup Lime juice, fresh
- 2 Tablespoons Honey
- 1 quart Pickled Pink Onions
- 100 Tortillas

## DIRECTIONS

1. Preheat oven to 350 degrees. Saute red onion with 1 tablespoon oil until translucent, 5 minutes. Add tomato paste and sazon and mix well, cooking for an additional 1-2 minutes. Add vegetable stock to deglaze then transfer onion tomato liquid to drained and rinsed beans in a half hotel. Mix and cover tightly with foil and bake for 1 hour or until garbanzos are very tender. Immersion blend the beans until smooth then add vinegar and mix well. Turn the oven up to 400 degrees and set bean puree aside until ready to assemble quesadillas.
2. Heat tilt skillet with ¼ cup oil and add peppers and onions, cooking for 3-5 minutes. Add garlic and kale and cook for an additional 3-5 minutes until kale is tender and garlic is fragrant. Remove and set aside until ready to assemble quesadillas.
3. Assemble quesadillas by spreading 1 oz bean mixture, then 1 oz of greens, followed by 1 oz of shredded cheese. Fold into half moon and place on parchment lined sheet pans. Lightly coat tortillas with cooking spray and bake for 8-10 minutes or until cheese is melty and tortillas begin to brown.
4. Mix lime juice, remaining oil, and honey then mix with cabbage. Plate meal with 3 oz of slaw and a quesadilla garnished with pink pickled onions.

## RECIPE NOTES - BEANS, GREENS, AND CHEESE QUESADILLAS WITH CITRUS SLAW

Nutritional information per serving\*: 293 calories; 1.259g sat. fat; 683.09 mg sodium; 39.39g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*