Quesadillas with Red Pepper Dip



Great for the kids!

Timing

Prep time	Total time	Skill level
20 mins	**45 mins**	**Medium**

What You'll Need

Quesadillas

- 1 Red Sun Farms bell pepper, seeded and cut into strips
- ½ zucchini, sliced
- 1-2 tbsp olive or other good quality vegetable oil, divided
- 1 ½ cups chopped cooked chicken
- 1 Red Sun Farms tomato, cut into slices
- 2 tbsp chopped red or white onion
- ¾ cup grated aged cheddar cheese
- ¾ cup grated mozzarella cheese
- Sea salt and black pepper to taste
- 2 whole grain 8-inch tortillas

Red Pepper Dip

- 1 cup full fat yogurt
- 2 tsp honey
- 2 tbsp lime juice
- 1 clove garlic, chopped
- 2 tbsp olive oil
- 1 Red Sun Farms red bell pepper, roasted* and chopped fine
- 2 tbsp fresh basil
- Sea salt and black pepper to taste

Directions

Quesadilla

1. Preheat the oven to 400°
2. Put the peppers and zucchini in a baking dish with a teaspoon of oil and roast for 15-20 minutes. Let cool.
3. Put the zucchini, peppers, chicken, tomatoes and onions in a bowl. Add the grated cheese. Season with sea salt and pepper to taste. Lightly toss to mix.
4. Place a frying pan on the stove on medium heat. Add the oil – just enough to cover the bottom of the pan. Add a tortilla. Cook until it starts to puff and bubble. Flip over.
5. Once the tortilla starts to bubble up again, place half the vegetables and cheese mixture onto half of the tortilla. Fold the other half of the tortilla on top. Cook for about 2 minutes until golden. Flip over to cook the top. Make sure the quesadilla is golden on both sides.
6. Remove from the pan and place on a cutting board. Cut in half and then cut each piece in half again. Repeat with the second tortilla and the rest of the vegetable mixture.
7. Place on a plate and serve with the Red Pepper Dip.

To Roast A Pepper: Cut the pepper in half and remove the seeds. Flatten the pepper. Place on a baking sheet and place under the broiler. Broil until the skin blackens. Remove from the oven and let cool. Peel the skin off the pepper and discard the skin. This can be done ahead of time. The pepper can be stored in an airtight container in the refrigerator for several days or stored longer in the freezer.

Red Pepper Dip

1. Place all the dip ingredients in a food processor or blender. Process until smooth. Taste to adjust with sea salt and pepper.
2. Serve immediately or cover and chill in the refrigerator until ready to use. Keeps for 3 days in the refrigerator.