

Appetizers

Jalapeno Quesadillas

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Servings: 8

Preparation Time: 15 minutes

Cook time: 21 minutes

20 jalapeno peppers, cored, seeded and membranes removed, cut lengthwise into thin strips

1 tablespoon oil

3 onions, sliced

1/4 tablespoon salt

3 tablespoons water

8 (8-inch) flour tortillas

8 ounces (2 cups) Monterey Jack cheese, shredded

Preheat the oven to 350 degrees.

In a large saucepan, simmer the jalapeno strips in water for 5 minutes. Drain and rinse briefly. Set aside.

In a large nonstick skillet, heat the oil. Add the onions and salt. Cook 10 minutes or until the onions are slightly browned. Add the jalapeno strips. Cook for 2 minutes. Add the water and cook for 4 minutes more.

Lay the tortillas on baking sheets. Sprinkle the cheese over half of each tortilla. Top the cheese with the jalapeno mixture. Fold each uncovered half over the filling to form a half-moon.

Bake until the cheese is melted, 4 to 5 minutes.

Per Serving (excluding unknown items): 697 Calories; 41g Fat (53.3% calories from fat); 35g Protein; 46g Carbohydrate; 4g Dietary Fiber; 101mg Cholesterol; 1152mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 6 Fat.