

Roasted Squash, Red Pepper and Jack Cheese Quesadillas

Epicurious.com

Dash Magazine - November 2012

Servings: 4

FOR THE DIP

*1 canned chipotle chile in adobo,
minced*

2 teaspoons fresh lime juice

1 cup light sour cream

FOR THE QUESADILLAS

*5 cups butternut squash, peeled and
diced*

*1 medium onion, unpeeled, cut into
eighths*

1 large clove garlic, unpeeled

1 tablespoon vegetable oil

1/4 teaspoon black pepper

8 6-inch flour tortillas

1 large red bell pepper, chopped

*1 cup Monterey Jack cheese, coarsely
grated*

cooking spray

Preheat the oven to 400 degrees.

Make the dip: In a small bowl, combine the chile, lime juice and sour cream.

Make the quesadillas: Arrange the squash, onion and garlic in a single layer on a baking sheet. Drizzle with oil and toss to coat. Roast until the garlic is tender. Transfer the garlic to a work surface. Roast the squash and onion until tender, about 15 minutes. Discard the peels from the onion and garlic.

In a food processor, puree' the squash, onion and garlic with black pepper until smooth. Spread a quarter of the puree' on each of four tortillas. Sprinkle each with a quarter of the bell pepper and a quarter of the cheese.

Top each with a plain tortilla, pressing gently together.

Coat a griddle with cooking spray. Heat it over medium-high until hot. Cook the quesadillas, one at a time, until golden, about three minutes per side.

Transfer to a cutting board. Cut each into six to eight wedges.

Serve warm with the dip.

*Both the dip and the squash puree'
can be made two days ahead. Cover
and chill.*

Per Serving (excluding unknown items): 618 Calories; 15g Fat (21.5% calories from fat); 16g Protein; 108g Carbohydrate; 9g Dietary Fiber; 5mg Cholesterol; 711mg Sodium. Exchanges: 6 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 3 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

| | |
|--------------------------------|------------|
| Calories (kcal): | 618 |
| % Calories from Fat: | 21.5% |
| % Calories from Carbohydrates: | 68.3% |
| % Calories from Protein: | 10.2% |
| Total Fat (g): | 15g |
| Saturated Fat (g): | 4g |
| Monounsaturated Fat (g): | 7g |
| Polyunsaturated Fat (g): | 2g |
| Cholesterol (mg): | 5mg |
| Carbohydrate (g): | 108g |
| Dietary Fiber (g): | 9g |
| Protein (g): | 16g |
| Sodium (mg): | 711mg |
| Potassium (mg): | 908mg |
| Calcium (mg): | 297mg |
| Iron (mg): | 6mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 96mg |
| Vitamin A (i.u.): | 15347IU |
| Vitamin A (r.e.): | 1534 1/2RE |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .4mg |
| Vitamin B12 (mcg): | 0mcg |
| Thiamin B1 (mg): | 1.0mg |
| Riboflavin B2 (mg): | .5mg |
| Folacin (mcg): | 236mcg |
| Niacin (mg): | 7mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Deficient: | 0.0% |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 6 1/2 |
| Lean Meat: | 0 |
| Vegetable: | 1 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 3 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 618 Calories from Fat: 133

| | | % Daily Values* |
|----------------------------|-------|-----------------|
| Total Fat | 15g | 23% |
| Saturated Fat | 4g | 19% |
| Cholesterol | 5mg | 2% |
| Sodium | 711mg | 30% |
| Total Carbohydrates | 108g | 36% |
| Dietary Fiber | 9g | 34% |
| Protein | 16g | |
| Vitamin A | | 307% |
| Vitamin C | | 160% |
| Calcium | | 30% |
| Iron | | 35% |

* Percent Daily Values are based on a 2000 calorie diet.