



Recipes

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Reduced Carb Rajas Quesadilla with Cilantro Vinaigrette

Serves 1

Ingredients:

- 1 Mission® 12" Reduced Carb Whole Wheat Tortilla (10736)
- 1/2 cup Shredded Oaxaca String Cheese*
- 1/4 cup Crumbled Goat Cheese
- 1 cup Rajas Mixture (see Related Recipe)
- 2 tsp. Cilantro Vinaigrette (see Related Recipe)
- 3 tsp. Vegetable Oil or Butter

Directions:

1. Place cheeses, rajas and vinaigrette evenly over one half of the tortilla. Fold over.
 2. Heat oil or butter on a flat grill or skillet. Cook quesadilla until golden, about 3 minutes per side.
 3. *Mozzarella String Cheese may be substituted.
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Rajas Mixture (Fire Roasted Chiles)

Serves 1

Ingredients:

1/4 tsp. Unsalted Butter
1/6 ears Corn , or 10 oz. (2 cups) Roasted Corn Kernals
1/6 large Red Bell Pepper
1/6 large Yellow Bell Pepper
2/5 Poblano Chile
1/8 cup Vegetable Oil
1/3 cup Sliced Onion
1/6 tsp. Minced Garlic
1/6 tsp. Oregano

Directions:

1. Rub shucked ears of corn with butter. Grill until tender and slightly blackened. Remove and allow to cool. Cut kernels from cob, set aside.
 2. Place peppers and chiles over an open flame and blacken evenly. Place in a paper bag and seal and allow to "sweat" for 10 minutes. Remove from bag and wipe off the blackened skin. Do not rinse. Cut off stem and remove seeds, slice.
 3. Heat oil in a skillet over medium high heat. Saute onion and garlic until softened, about 3 minutes. Saute oregano until fragrant and add sliced peppers and chiles. Continue to sauté for 3 more minutes. Add corn and toss to combine. Set aside until ready to use.
 4. Note: this mixture may be used as a filling for enchiladas, tamales or tacos.
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Cilantro Vinaigrette

Serves 1

Ingredients:

1/8 cup Minced Shallots
1/4 tsp. Minced Garlic
1/8 cup Chopped Cilantro
1/6 tsp. Pureed Chipotle Chile in Adobo
1/8 cup White Wine Vinegar
1/8 cup Olive Oil
1/6 tsp. Salt
1/8 tsp. Black Pepper

Directions:

1. Combine the first 5 ingredients in a mixing bowl.
Whisk in the olive oil. Season with salt and pepper.