
Squash and Chorizo Quesadillas

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Servings: 4

Start to Finish Time: 40 minutes

8 ounces fresh chorizo, casings removed

1 pound (1/2 squash) butternut squash, peeled and sliced into 1/8- to 1/4-inch thick quarter moons

Kosher salt

1/2 cup canned black beans, drained and rinsed

1 teaspoon ancho chile powder

juice of one lime (one tablespoon)

3 tablespoons extra-virgin olive oil

1 small bunch curly kale, trimmed and thinly sliced

4 ten-inch whole-wheat tortillas

1 1/4 cups shredded pepper jack cheese

1/2 cup pico de gallo

1/2 cup sour cream

Cook the chorizo in a large nonstick skillet over medium-high heat, breaking it up with a wooden spoon, until browned, about 4 minutes. Remove to a large bowl, reserving the pan drippings.

Reduce the heat under the skillet to medium and add the squash, 1/3 cup of water and 1/2 teaspoon of salt. Gently toss. Cover and cook until the squash is fork-tender, about 4 minutes. Uncover and cook until the liquid evaporates, 1 to 2 more minutes. Add the beans, chile powder and a pinch of salt. Cook, tossing, until warmed through, 2 to 3 minutes. Add to the bowl with the chorizo.

Meanwhile, whisk the lime juice and one tablespoon of olive oil in a small bowl. Place the kale in a large bowl and pour the lime dressing on top. Massage the dressing into the kale. Season with salt.

Divide the squash mixture among the tortillas, leaving one-half of each tortilla uncovered. Top with the cheese. Fold over the other half of each tortilla. Return the skillet to medium heat and add one tablespoon of olive oil. Add two of the quesadillas and cook, flipping halfway, until golden, 3 to 4 minutes. Add the remaining one tablespoon of olive oil and repeat with the remaining quesadillas.

Cut the quesadillas in half. Divide among plates and serve with the kale salad, pico de gallo and sour cream.

Sandwiches

Per Serving (excluding unknown items): 370 Calories; 17g Fat (37.9% calories from fat); 7g Protein; 55g Carbohydrate; 9g Dietary Fiber; 13mg Cholesterol; 132mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 Fat.