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Meatless Mondays are a weekly respite from a meat-centric diet and a chance to do a small part to acknowledge our earth's precious resources. This coming week is Cinco de Mayo (and we have a tasty "Mexican Fiesta" cooking class on May 5th) so I'm thinking of a Mexican-themed entrée.

Fajita-Style Quesadillas with Homemade Pico de Gallo (V/GF)

Serves 2

1 small poblano chile or substitute half a red bell pepper, seeded and sliced
½ onion, thinly sliced + 2 Tbsp onion, diced
4 oz crimini mushrooms (about 6), cleaned and sliced
1 Tbsp minced jalapeño pepper, divided
2 tsp rice bran oil or other high heat vegetable oil
4 (6" to 8") flour tortillas*
½ c shredded Monterey Jack (or "quesadilla" blend cheese)
½ c diced tomato
1 clove garlic, mashed
2 tsp (or more) minced cilantro (optional)
1 tsp fresh lime juice
"Light" sour cream (optional; see note)

1. Prepare the pico de gallo: stir to together the tomato, garlic, optional minced cilantro, lime juice. 1 tsp of the jalapeño and 2 Tbsp diced onion. Season to taste with a pinch or two of salt and set aside.
2. Heat a large skillet over medium heat. Add the oil, poblano, sliced onion, mushrooms and remaining jalapeño. Increase the heat to medium high and cook until mushrooms have given up their liquid and are beginning to brown along with the rest of the vegetables. (I like the caramelization on the veggies, so don't worry if they get more deeply brown while you're waiting on the mushrooms to cook up.) Remove from heat and set aside.
3. Heat a griddle or large skillet over medium heat. Divide the vegetables and cheese between two of the flour tortillas. Top with the remaining two tortillas. Transfer to the hot pan and cook until the cheese melts and the tortillas are lightly browned, about 4-5 mins.
4. Cut each into 4 wedges. Serve with the pico de gallo and optional sour cream.

Shopping List: poblano chile, jalapeño, crimini mushrooms, flour tortillas, Monterey Jack cheese, 1 large tomato, (optional) cilantro

Equipment Needed: skillet, griddle (or large skillet), cutting board and chef's knife, small mixing bowl, spoon, spatula, grater (if you don't purchase grated cheese)

Pantry Staples: rice bran oil or other high heat oil, onion, garlic, fresh lime, sour cream (NOTE: always look at ingredients—should just be dairy and maybe a culture or gelatin), salt and pepper

* You can make this meal gluten-free if you substitute corn tortillas for the flour tortillas. You will need to spray with oil or cooking spray the tortillas that will come into contact with the griddle.