



Corn, Goat Cheese, Green Chile and Chorizo Quesadilla

Ingredients:

4 large whole wheat tortillas

1/2 cup shredded jack cheese

1/2 cup crumbled goat cheese

1/2 cup fresh or frozen thawed corn kernels

1 small can diced green chiles, drained

4 green onions, chopped

4 oz chorizo, diced (I prefer to remove the casings first)

canola oil or canola oil cooking spray

Instructions:

Heat a small amount of oil or cooking spray in a medium skillet over medium high heat. Add the corn kernels and cook until they are browned, about 3-4 minutes. You can also toss the corn in some oil and roast on a baking sheet in the oven at 400 degrees until browned. Remove the corn from the skillet and set aside. Add the chopped chorizo to the same skillet and cook until crispy and much of the fat has been rendered, about 4-5 minutes. Using a slotted spoon, remove the chorizo from the pan and let drain on a plate lined with a paper towel.

To assemble the quesadillas, place a tortilla on a plate or other flat work surface. Using only one half of the tortilla, sprinkle 2 tablespoons of each of the following ingredients evenly: jack cheese, goat cheese, corn and chorizo. Add 1 tablespoon of green chiles and a sprinkling of green onions. Fold the bare side of the tortilla over the filling to make a half moon shape. Repeat this process with the remaining tortillas and filling.

Spray a large non-stick (ideally) skillet lightly with canola oil cooking spray and bring to medium high heat. If you can't easily fit 2 quesadillas in the skillet then cook them one at a time. They should only need 2-3 minutes on each side to melt the cheese and become slightly browned.

Cut each quesadilla into 3-4 wedges each and serve with tomatillo salsa, mashed avocado with lime juice and sour cream (all optional, of course, but highly recommended!).

Serves 2 as a main course or 8 as an appetizer