

Mushroom, Cheddar & Jalapeño Quesadilla with Poppy Seed Fruit Salad

25 minutes | 2 servings



Find cookware

[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[spatula](#)
[stirring spoon](#)
[vegetable peeler](#)
[whisk or fork](#)

Grab ingredients

½ (6 oz) pkg	blueberries
½ (8 oz) block	cheddar cheese
1	Gala apple
1 clove	garlic
½ small bunch	green onions (scallions)
1	jalapeño pepper
2	kiwifruit
2	large flour tortillas
½	lime
¼ cup	plain Greek yogurt
2 caps	portobello mushrooms
	black pepper
	brown sugar
	chili powder
	extra virgin olive oil
	poppy seeds
	salt

Cook & enjoy

- 1 Wash and dry the fresh produce.

½ lime
2 caps portobello mushrooms
1 jalapeño pepper
½ small bunch green onions (scallions)
1 Gala apple
2 kiwifruit
½ (6 oz) pkg blueberries

- 2 Juice lime into a medium bowl; add yogurt, poppy seeds, and sugar. Whisk to combine the dressing and set aside.

¼ cup plain Greek yogurt
1 tsp poppy seeds
1 tsp brown sugar

- 3 Remove stems from mushrooms and carefully scrape out the gills; halve and slice crosswise into ¼-inch thick pieces.

- 4 Preheat a large skillet over medium-high heat.

- 5 While the skillet heats up, peel and mince garlic.
1 clove garlic

- 6 Once the skillet is hot, add oil and swirl to coat the bottom; add mushrooms, garlic, and spices. Cook, stirring occasionally, until soft, 4-5 minutes; remove from heat.
2 tsp extra virgin olive oil
½ tsp chili powder
¼ tsp salt
¼ tsp black pepper
- 7 Meanwhile, halve jalapeño pepper lengthwise; seed and remove ribs with a spoon. Slice crosswise into thin half-moons. (Be careful with jalapeños; do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.)
- 8 Trim green onions and cut crosswise into ¼-inch pieces.
- 9 Coarsely grate cheese.
½ (8 oz) block cheddar cheese
- 10 To assemble the quesadillas, lay tortillas on a flat surface and divide mushrooms, jalapeño, green onion, and cheese between them, arranging on one half of each tortilla; fold in half to close. (Reserve skillet for the next step.)
2 large flour tortillas
- 11 Wipe the skillet clean with paper towels and return to medium-high heat.
- 12 Once the skillet is hot, add oil and swirl to coat the bottom. Place assembled quesadillas in the skillet and cook, flipping halfway through, until golden on both sides, 5-6 minutes. Remove to a plate.
1 tsp extra virgin olive oil
- 13 Meanwhile, using a clean cutting board, quarter, core, and medium dice apple; add to the bowl with the dressing.
- 14 Trim, peel, and medium dice kiwis; add to the bowl, along with the blueberries, and stir to combine the fruit salad.
- 15 Cut each quesadilla into wedges and divide between plates. Serve with fruit salad on the side and enjoy!