



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Pear and Pepper Quesadilla with Pear Salsa

24 Servings

Ingredients

3 pounds Pacific Northwest Canned Pears, diced, in juice, drained

1 pound red bell peppers, cut in 1/2-inch dice

1-3/4 pounds ham, cut in 1/2-inch dice

2 ounces scallions, finely sliced

1 cup cilantro leaves, coarsely chopped

2-1/2 tablespoons finely chopped canned chipotle peppers

12 ounces cheddar cheese, shredded

12 ounces mozzarella cheese, shredded

24 (8-inch) whole wheat tortillas

24 ounces sour cream

PEAR SALSA

3 pounds Pacific Northwest Canned Pears, diced, in juice, drained and juice reserved

2 ounces scallions, thinly sliced

5 ounces red bell pepper, cut in 1/2-inch dice

1/4 cup cilantro leaves, coarsely chopped

1/4 cup finely diced jalapeno pepper, ribs and seeds removed first

2 tablespoons freshly squeezed lime juice

1/4 teaspoon salt

Method

Combine pears, red pepper, ham, scallions, cilantro and chipotle pepper in a bowl, mixing well to evenly distribute the ingredients. Cover with plastic wrap and refrigerate until ready to use.

In a separate bowl combine cheddar and mozzarella cheeses. Set aside.

To assemble the quesadillas, lay the tortillas out on a clean, dry surface. Spray the side facing up with pan-release, then flip the tortillas over onto a sheet pan lined with parchment paper. Place 1/2 cup of pear filling mixture on one half of the tortilla and top with 1/4 cup cheeses. Fold the top half over to cover the filling, pressing slightly to distribute it evenly. Rearrange the tortillas on the sheet pan so that they are evenly spaced, and cover with plastic wrap if not baking immediately. Prepare and refrigerate up to 2 hours in advance of serving.

When ready to serve, bake the quesadillas in a 350 degree F oven for 10 to 15 minutes, or until the internal temperature reaches 165°F.

To serve, cut each quesadilla into 4 wedges and serve with 1-ounce sour cream and 1/3 cup Pear Salsa.

PEAR SALSA

To prepare the salsa, combine the pears, 1/2 cup of the reserved pear juice, scallions, red peppers, cilantro, jalapeno pepper, lime juice and salt.

Servings

Makes 24 servings

Nutrition

Calories 400
Total Fat 14 g
Saturated Fat 8 g
Sodium 818 mg
Carbohydrate 44 g
Fiber 5g
Protein 26g
Vitamin A 220g
Vitamin C 26mg
Calcium 494 mg
Iron 2 mg