

# Pear and Pepper Quesadilla with Pear Salsa

6 Servings



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

## Ingredients

2 cups Pacific Northwest Canned Pears, halves or slices, drained and juice reserved  
2 cups diced red bell pepper  
1 pound ham, diced  
1-1/2 cups thinly sliced scallions  
1 cup cilantro leaves, coarsely chopped  
1-1/2 tablespoons finely chopped canned chipotle peppers in adobo  
6 (10-inch) flour tortillas  
2 cups shredded smoked cheddar, Monterey Jack or Gouda cheese  
2 to 3 tablespoons vegetable or canola oil, or as needed  
1-1/2 cups sour cream  
Hot pepper sauce as needed  
1-1/2 cups Pear Salsa (recipe follows)

### PEAR SALSA

1-1/4 cups Pacific Northwest Canned Pears, slices or halves, drained, juice reserved  
1/4 cup thinly sliced scallions  
1/4 cup diced red bell pepper  
3 tablespoons finely chopped fresh cilantro  
3 to 5 teaspoons freshly squeezed lime juice  
1 tablespoon finely chopped jalapeno pepper, ribs and seeds removed first  
Kosher salt and freshly ground black pepper to taste

## Method

Dice the pear halves or slices and combine them in a bowl with the red pepper, ham, scallion, cilantro and chipotles. Mix well to incorporate the ingredients, cover the bowl with plastic wrap and refrigerate until ready to use.

To assemble the quesadillas, lay out the tortillas on a clean, dry surface. Top one half of each tortilla with approximately 1 cup of the pear filling mixture, and 1/2 cup cheese. Fold the top half over the filling and repeat with the remaining tortillas. Transfer the filled tortillas to a baking sheet lined with parchment paper and refrigerate until ready to prepare, or up to 2 hours in advance.

To prepare the quesadillas, heat 2 teaspoons of oil in a large skillet or on a griddle over medium heat. When the oil is hot, add a quesadilla to the pan and cook until it is lightly golden. Flip and brown the other side, until the cheese is melted and quesadilla is heated through. Remove from the pan, cut in 4 wedges and serve with a few tablespoons of sour cream, a dash of pepper sauce if desired, and 1/4 cup Pear Salsa.

### PEAR SALSA

To prepare the salsa, dice the pear halves or slices and combine them with, 2 tablespoons of the reserved pear juice, scallions, red peppers, cilantro, jalapeno pepper, lime juice and salt.

## Servings

Makes 6 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