

# BLUE BALLET QUESADILLA

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## Ingredients

1 Blue Ballet Squash = 2  
Cups cooked flesh

½ teaspoon ground  
Cumin

½ teaspoon Chili Powder

Salt & Pepper

Butter

Grapeseed Oil

½ Cup Sweetwater Salsa  
Cheese, grated

4 x Flour Tortillas

GDG Black Bean & Corn  
Salsa

Sour Cream

## Directions

Oven 375F

With a large knife slice Squash in half from top to bottom and place in a deep roasting pan with enough water to cover the bottom of the pan- about 1/3 Cup. Sprinkle with Salt & Pepper, Cumin & Chili Powder, cover with foil and bake for 35 minutes.

Uncover and bake for a further 10 minutes. Allow to cool enough to handle and use a large spoon to remove the flesh from the skin and transfer into a small bowl.

When ready to cook Quesadilla, heat a frying pan big enough to hold the Tortilla or flat-top griddle over medium heat and add a teaspoon of Butter and just a drizzle of Oil- it is important to only add enough that it coats the bottom of the pan, but not so that there is excess when the pan is flipped!

Place a Tortilla in the pan and evenly spoon on roasted Squash (about ¾ Cup) grated Cheese and then top with Tortilla.

Cook for about 4-5 minutes and then use a spatula to take a peek underneath- the Tortilla should be golden brown and slightly crispy (if it is too soft turn up the heat just a little)

When ready to flip, put a plate over the Tortilla and use a large oven glove to hold it firmly in place whilst quickly flipping the pan.

Add a little more oil to coat the pan and slide the uncooked side back into the pan. (if using a griddle, only put ingredients on one half of one Tortilla and fold over- simply use a spatula to flip the Quesadilla.)

After another 4 minutes or so, your Quesadilla will be ready- simply slide out of the pan using a spatula onto a chopping board and cut into 6 wedges.

Serve with Sour Cream and Black Bean & Corn Salsa.