

Squash Blossom Quesadillas

Squash blossoms are also sometimes called zucchini flowers, but they can come from any summer or winter squashes. They are the edible flowers of the squash plant and usually come in yellow and orange shades. Squash blossoms are soft, delicate, and taste mildly like the squash itself.

INGREDIENTS

- 1 teaspoon olive oil
- 1/4 white onion, chopped
- 1 garlic clove, finely chopped
- 6 squash blossoms
- 1/2 teaspoon butter
- 4, 6-inch corn or flour tortillas
- 1 cup shredded Monterey jack or Oaxacan cheese
- Toppings: *optional* chopped green onions, cilantro, avocado, black beans, salsa, or queso fresco



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DIRECTIONS

1. Prepare the squash blossoms. Check the insides of the blossoms for bugs or dust (especially if you've picked the squash blossoms from your garden). Rinse out if you find any, otherwise there should be no need to wash. Cut away the stems. Roughly chop the blossoms, stamens and all.
2. Heat the oil in a large sauté pan on medium-high heat. Add the chopped onion and sauté for 5-6 minutes. Add the garlic and sauté a minute more.
3. Add the squash blossoms and toss to coat with the garlic and onions. Cook for only a minute or two more, until the blossoms are just wilted. Remove from heat.
4. Heat a large cast iron pan or a large non-stick skillet on medium heat. Rub a little butter in the pan (just enough to give the tortillas a little flavor). Place tortilla in the pan and heat on both sides for 30 seconds or so, until bubbles begin to form in the tortilla.
5. Place a portion of the cheese on one side of the tortilla. Top with a tablespoon or two of the squash blossom mixture. Use a spatula to fold the other side of the tortilla over the side with the cheese and squash blossoms. Press down with a spatula. Cook until the cheese has melted and the tortilla lightly browned.
6. When the cheese has melted, remove the quesadilla from the pan and continue to make the remaining quesadillas in the same manner.
7. To serve, cut each quesadilla into triangles and serve with optional toppings.
8. Serve warm and enjoy!