

Zucchini Flower Quesadillas

In my first vegetable garden my zucchini's were the most successful. They would grow as big as baseball bats and still taste sweet inside. They are most beautiful when they are small with the zucchini flower attached. You could find them at local farmers markets. Here is my take on zucchini flower quesadillas. If you can't find zucchini blossoms you can make the recipe with zucchini alone.

Ingredients

1 - 1 1/2 pounds small zucchini's with flowers attached, thoroughly washed and thinly sliced
1 medium white onion finely chopped (about 1 1/2 cups)
1 large jalapeno, seeds removed and finely chopped (about 1/4 cup)
12 oz canned or homemade enchilada sauce
3 cups freshly grated medium cheddar cheese
2 tablespoons extra virgin olive oil
Fresh ground sea salt and black pepper to taste
6 uncooked flour tortillas
Sour cream
Hot sauce

Preparation

Heat olive oil in a large scan pan or non-stick pan on medium high heat. Add onions and pinch of salt and sauté until translucent 7-8 minutes. Add jalapeno and sauté 2 minutes. Add zucchini and sauté until tender 7-8 minutes. Add enchilada sauce and simmer until sauce is warm and starts to bubble. Add salt and pepper to taste and set aside.

Heat a medium scan pan or non-stick pan, on medium high heat. (Crepe pan works best). Heat tortilla in pan until lightly toasted on both sides about 1-2 minutes per side. Spoon 1/3 cup of zucchini mixture on one side of the tortilla and top with 1/3 cup of cheese. Fold over the tortilla and gently flip on the other side until both sides are nicely browned and crisp. You may need to lower the heat if pan gets too hot. Remove from pan and repeat with remaining tortillas. Serve immediately with sour cream and hot sauce on the side.

Serves 6