

Mushroom Quesadilla



We like Mexican food!

Notes:

A quesadilla is a large flour tortilla filled with cheese and other items

- Novice cook: 30 minutes
- Experienced cook: 20 minutes

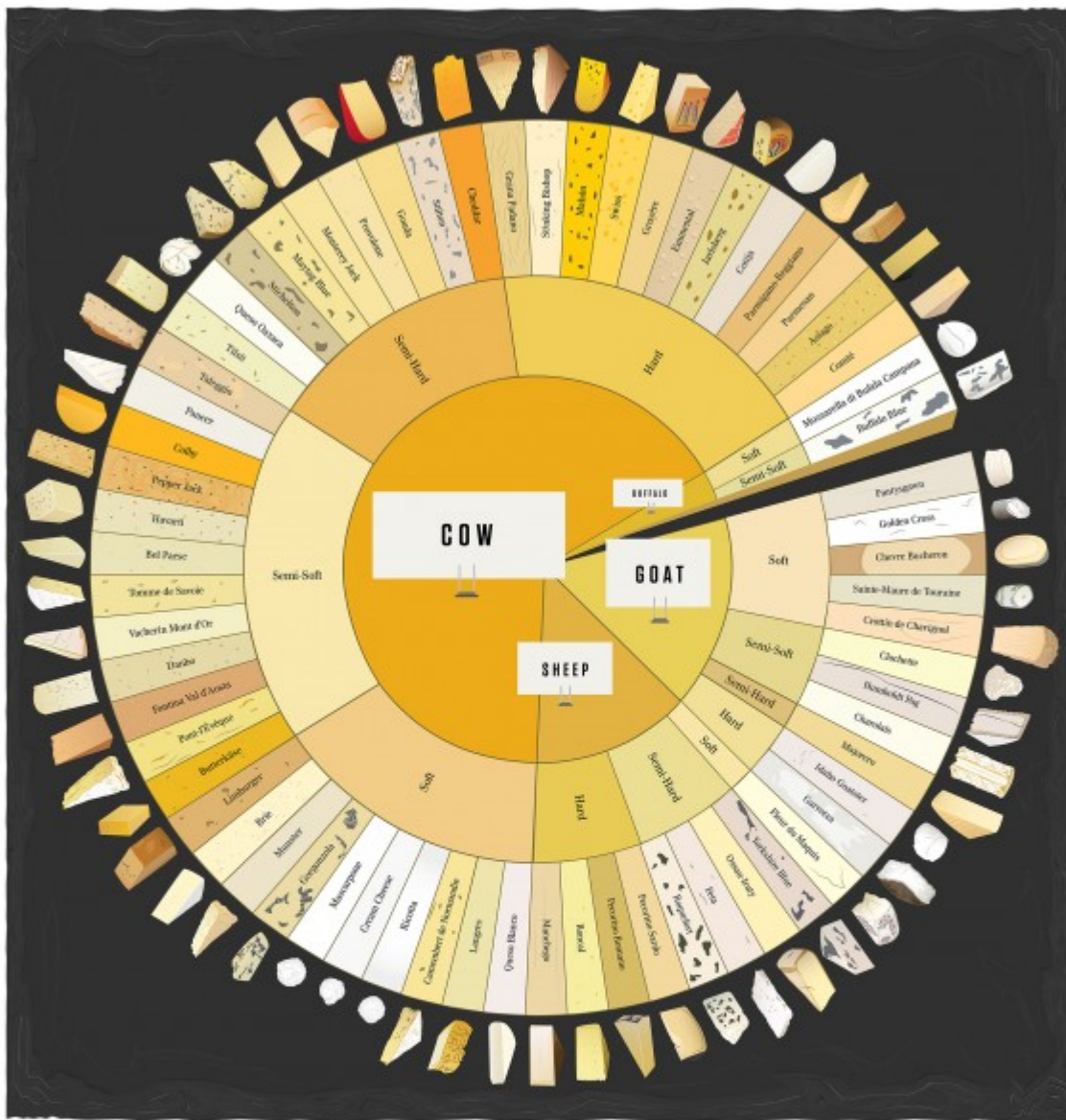
Ingredients:

- 6 oz of sliced white or crimini mushrooms
- 3 cloves of minced garlic
- 1 small onion, diced
- 1 chopped green pepper
- 1 small, store-bought Jar of Salsa Verde. This is a green salsa. It's made with tomatillos and other love
- 1 10 oz bag of Mexican cheese
- 1 packet of 12 inch flour tortillas
- 1 tablespoon of dried thyme
- 1 tablespoon of dried basil
- 1 table spoon of dried parsley
- 1/4 cup of white wine
- 2 tablespoons of butter
- 2 tablespoons of extra virgin olive oil
- Fresh ground pepper and salt, to taste (as needed)
- 1 can of non-stick vegetable spray

Instructions:

1. Slice your mushrooms and set aside.
2. Mince your garlic, onions and peppers and set aside.
3. Over a medium-high heat add 1 tablespoon of the extra virgin olive oil and 1 tablespoon of butter to the skillet. When the butter is melted, add the mushrooms and garlic and saute for 6 minutes. Add the wine and saute until its gone. Set aside.
4. Over a medium-high heat add 1 tablespoon of the extra virgin olive oil and 1 tablespoon of butter to the skillet. When the butter is melted add the onions and peppers and saute for untile the onions are lucid about 6-8 minutes.
5. Clean Skillet. Place back on stove top and spray to coat generously the top of the pan. Turn heat to medium. 6) take out a tortialla and spoon a 1/2 cup of cheese on one half of it. Take 1/2 cup of the mushrooms and place over the cheese. Take 1/4 cup of the onions and peppers and place over the cheese. Sprinkle some cheese, a few tablespoons worth over the peppers and onions. Take two tablespoons of salase verde and place on top of that. Fold the vacant tortilla over the other to form a half moon. Place in skillet and immediately place your makeshift press which is in the form of a smaller skillet of pot with some water in it. You don't want to press down too hard though. Cook for 3-4 minutes, until that side starts to just get a bit golden brown. 7) Flip and return press and cook for a few more minutes. Cut and serve. Serve with sour cream, quacamole and salsa verde.

Select & Cook Cheese



The
CHARTED CHEESE WHEEL



YUMMY CHEESE!

THE ANCIENT GREEKS BELIEVED CHEESE WAS A GIFT FROM THE GODS FOR MANY TODAY, IT'S A FIESTA FOR THE PALATE!

DIFFERENT TYPES OF CHEESES AND THEIR USES

CREAMY CHEESES



FRESH CHEESES



HARD AND SEMI-HARD CHEESES



BLUE CHEESES



HEALTH BENEFITS OF CHEESE

PROTEINS

Many cheeses are sources of high quality proteins that help with the repair and maintenance of body tissues.

CALCIUM & PHOSPHORUS

Most cheeses are good to excellent sources of calcium and a good source of phosphorus; nutrients that help grow strong bones.

ALSO...

Even people with lactose intolerance can enjoy cheese. Natural cheeses such as Swiss, Colby, Parmesan and Cheddar lose most of their lactose when they're made.

ADDING CHEESE TO YOUR RECIPES



"Say Cheese"

Here are the groups of cheeses:

- **Fresh cheese** (cottage cheese, cream cheese, mascarpone, fresh goat cheese, mozzarella, ricotta, fromage blanc) These cheeses are very mild, soft and moist (Yeah baby! Yeah!)
- **Soft, or rind-ripped cheese** (Brie or Camembert) Velvety smooth, soft and creamy in texture. This type of cheese ripens from the outside to the center and is good with bread, crackers and wine.
- **Semi-soft cheese** (Muenster, Port, Monterey Jack, Gouda) These cheeses are more solid than soft and have a wax rind. They're good for slicing but not grating. They're great for a cheese board and wonderful on sandwiches.
- **Hard Cheese** (Cheddar, Gruyere, Asiago) Hard cheese is good for slicing and grating. It's dryer than semi-soft cheeses and perfect for melting into omelets, sandwiches, sauces and casseroles.
- **Grating Cheeses** (Parmesan, Romano) These cheeses are usually grated because they tend to crumble easily. They are also known as pasta cheese.
- **Blue Veined Cheese** (Roquefort, Gorgonzola) These are smooth, creamy and a little stinky but damn delicious. They're great for after dinner, served with bread crackers, grapes and a good port.

Quick Tips

To prevent mozzarella from getting stringy when cooked, add an acid such as lemon juice or white wine. If possible, go to a market that allows you to sample the cheese before buying it. Look the cheese over; there should be no cracks, bruises or mold (unless you are buying a blue-veined cheese.) Bring ripened cheese to room temperature before serving in order to get the most flavor.
