

# 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.

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## **Shrimp Scampi Burrito**



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## Sautéed Mahi Mahi Fish Tacos with Guacamole & Chipotle Sauce



Fish tacos are easy and fantastic!

**Notes:** I couldn't find fresh Mahi Mahi. However, the frozen product I did find was awesome! I also made my own corn tortillas. You can buy your own and that's fine, but I couldn't find corn tortillas up in my part of the woods. However, they did have the corn flour to make them. It's called MASA. Odd, isn't it?

### **Ingredients:**

- 2 Mahi Mahi fillets (1 pound in total)
- 4 Corn tortillas - corn flour (make tortillas as directed. It's so easy!)
- 1 Cup packaged shredded cabbage (dry coleslaw)
- 1 tsp of rice wine vinegar (combine that with cabbage and salt and pepper)
- 1 Cup of salsa verde (tomatillo salsa)
- 1/2 Roasted red bell pepper (sauce)
- 1 Chipotle in Adobe sauce (sauce)
- 1 Shallot (sauce)
- 2 Cloves garlic (sauce)
- 3-4 Lime, juice (sauce)
- 1/2 tsp Chili powder (sauce)
- Add 1/4 cup sour cream or yogurt (sauce)
- Add 1/4 cup of mayo (sauce)
- Salt and pepper to taste (sauce)
- Fresh Guacamole. [Here is the recipe.](#)
- Cilantro for garnish

### **Instructions:**

1. In a blender combine sour cream, lime juice, roasted pepper, garlic, shallot and chili powder to make the hola sauce. Season with salt and pepper to taste.
  2. In a non-stick pan cook fish on medium high heat with the salsa verde. Add some oil if you need to. Cut fish into chunks and set aside.
  - 3) Heat or make tortillas. Spread guacamole all over one side of the tortilla, layer a few TBSP of fish, add chipotle sauce, add cabbage mix, add more hola sauce and garnish with cilantro if you like. Serve with a [fresh margarita.](#)
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