

Recipes inspired by Buen Apetito located right here at The French Market

Sweet potato and black bean quesadilla with a cilantro pesto

-VEGETARIAN

Quesadilla

- 4-6 large flour tortillas
- 2 large sweet potatoes
- 11 can or 1 ½ cups cooked black beans, drained
- 1/4 teaspoon cumin
- ¼ teaspoon ground chipotle (or cayenne pepper)
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground pepper
- ½ teaspoon salt
- 2 cups sharp cheddar cheese, grated

Stab the sweet potatoes all the way around the sweet potato with a fork. Wrap in a paper towel and microwave for 10 minutes, until soft. Slice open sweet potato and spoon flesh into a bowl (wait until it is cool enough to handle or hold with a pot holder). Add beans, cumin, ground chipotle, ground cinnamon, ground pepper and salt. Mash to combine, leaving some of the beans whole.

Spoon half of the sweet potato mixture onto a tortilla and sprinkle with cheese. Place another tortilla on top. Repeat with remaining sweet potato mixture and tortillas.

Cook each quesadilla in a skillet or griddle over medium heat, flipping to the other side once tortilla is golden brown.

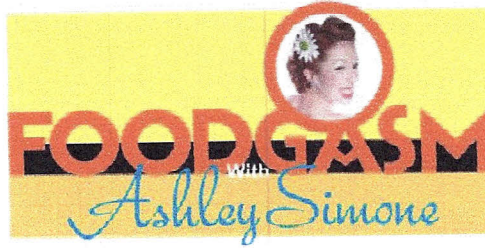
Pesto

- 1 bunch of cilantro (about two packed cups)
- 2 large cloves of garlic
- 1 tablespoon lime juice
- 2/3 cup olive oil
- salt/pepper to taste

To make the pesto, cut the stems off the cilantro. Place the cilantro, garlic, lime juice and olive oil in a food processor. Mix till creamy and smooth. Add more olive oil or a dash of water if the consistency isn't right. Salt and pepper to taste.

To Assemble

Place quesadillas on a cutting board, slice into quarters and serve with the cilantro pesto.



Mini pinto bean, mushroom and avocado tostadas

(Vegan & gluten-free)

- 1-2 cups small round corn chips

For the bean mixture

- 1 can of pinto beans with liquid (about 1 ½ cups)
- ¼ cup chopped yellow onion
- ¼ cup chopped roasted Poblano pepper (roast the pepper in the oven or on a grill till slightly charred)
- 2 cloves of chopped garlic
- 1 tablespoon olive oil
- ¼ teaspoon smoked paprika
- ¼ teaspoon cumin
- ¼ teaspoon ground clove
- ¼ cup water
- 1-2 teaspoons fresh lime juice
- salt/pepper to taste

In a small sauté pan put in the oil and heat over a medium flame. Sauté the onion, garlic, and roasted Poblano pepper until soft. Add in the paprika, cumin, ground clove and sauté for 1 more minute. Add in beans with liquid, water and lime juice. Sauté for 5 minutes over medium heat. Softly mash the mixture with a spoon. Salt and pepper to taste. Set aside

For the mushrooms

- 1 clove of chopped garlic
- 1 tablespoon olive oil
- 2 cups medium chopped portabella mushrooms
- dash of cayenne pepper
- 2 teaspoons lime juice
- salt/pepper to taste

Over a medium high flame heat the oil olive in a small skillet. Add the garlic, mushrooms, cayenne, and lime juice. Sauté till soft and slightly caramelized on the edges. Slat and pepper to taste and set aside.

For the avocado puree

- 2 ripe avocados
- 2-3 tablespoons fresh lime juice
- 2 tablespoons chopped cilantro
- salt to taste

Cut the avocados in half and scoop out the flesh into a food processor or blender. Add the rest of the ingredients and mix/blend till creamy. Set aside.

For the topping

- 1 plum tomato, brunoised (very finely diced)
- 1/8 cup red onion, brunoised
- dash lime juice
- salt/pepper to taste

Put all of the ingredients into a small bowl and mix.

For the assembly

Take a corn chip; add a small dollop of the bean mixture and smooth to the edges. Add a little of the mushrooms on top of the bean mixture. Next add the avocado puree on top of the mushroom layer. The avocado puree can be added as a dollop from a spoon or piped on in a pastry bag. Then add a small sprinkling of the topping on top of the avocado puree. Repeat for the remaining chips and serve. These are great for little party appetizers.