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READY-TO-USE FROZEN
TROPICAL PRODUCTS**

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Plantain Quesadillas

**with Sweet Ripe Plantain Slices &
Mexican 4-Cheese served with grapes & carrots side**



INGREDIENTS (makes 4 - 7" quesadillas)

12 slices **BIG BANANA**® Sweet Plantain Slices

1/3 cup vegetable oil (to cook the skinny way, substitute 2 tablespoons of oil)

8 small flour tortillas

6 oz. grated Mexican 4-cheese

Butter for cooking quesadillas

PROCEDURE (for the plantains)

1. Cut ripe plantain slices into 1/4" dices and set aside.
2. Pre-heat oil to 350° degrees
3. Carefully add the plantain and cook for about 3 minutes, until golden brown, flipping half way through.
4. Set cooked plantains aside.

PROCEDURE (for the quesadillas)

1. Line up 4 tortillas in an assembly line. Add about 1/8 of the cheese to each of the 4 tortillas and top with the equivalent of 3 slices of plantain.
2. Cover the plantains with remaining cheese, dividing equally among the 4 quesadillas and top the remaining tortillas.
3. Heat butter in a pan set over medium-high heat.
4. The amount will vary on the size of your pan; you shouldn't need more than 1 tablespoon per quesadilla.
5. Place a quesadilla in the pan, turning once, until tortilla browns slightly, 3 to 4 minutes per side.
6. Repeat until all quesadillas are cooked.
7. Once cooked quesadillas have cooled for 2 minutes or so, use a sharp knife to cut it into quarters for serving.

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through extraordinary flavors™**

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