

Chickpea and Poblano Quesadillas



30-MINUTE SUPPER



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Serves 4

If your avocados are not yet ripe, you may need to add an extra 1 to 2 tablespoons of water to the blender when processing the avocado sauce.

- 2 ripe avocados, halved and pitted**
- 3 tablespoons water**
- 1 tablespoon lime juice**
- $\frac{3}{4}$ teaspoon table salt, divided**
- 1 tablespoon chopped fresh cilantro**
- 1 (15-ounce) can chickpeas, rinsed**
- 8 ounces Monterey Jack cheese, shredded (2 cups)**
- 1 poblano chile, stemmed, seeded, and chopped fine**
- 3 scallions, sliced thin**
- $\frac{1}{4}$ teaspoon pepper**
- 4 (10-inch) flour tortillas**
- 2 tablespoons vegetable oil, divided**

- 1.** Process avocados, water, lime juice, and $\frac{1}{4}$ teaspoon salt in blender until smooth, about 30 seconds. Transfer to bowl and stir in cilantro; set aside.
- 2.** Using potato masher, mash half of chickpeas in second bowl. Stir in Monterey Jack, poblano, scallions, pepper, remaining $\frac{1}{2}$ teaspoon salt, and remaining chickpeas until combined. Spread 1 cup chickpea mixture over half of each tortilla, leaving $\frac{1}{2}$ -inch border at edge. Fold tortillas over filling and press firmly to seal.
- 3.** Heat 1 tablespoon oil in 12-inch nonstick skillet over medium heat until shimmering. Place 2 quesadillas in skillet. Set large saucepan on top of quesadillas and cook until browned on both sides and cheese is melted, about 2 minutes per side. Transfer to cutting board. Repeat with remaining 1 tablespoon oil and remaining 2 quesadillas. Cut into wedges and serve with avocado sauce.