

STARTER & SNACK

Poblano-and-Corn Quesadillas

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.96	195 kcal

You can never have too many Mexican recipes, so give Poblano-and-Corn Quesadillas a try. This recipe serves 12 and costs 96 cents per serving. One portion of this dish contains about 8g of protein, 9g of fat, and a total of 195 calories. 1 person found this recipe to be flavorful and satisfying.

Ingredients

- ☐ 6 8-inch (8-inch) flour tortillas, halved
- ☐ 3 cups fresh corn kernels
- ☐ ½ teaspoon ground cumin
- ☐ 2 tablespoons lime juice
- ☐ 3 tablespoons reduced-fat mayonnaise
- ☐ 8 ounces cups reduced-fat Monterey Jack cheese
- ☐ 3 poblano chile peppers

EQUIPMENT Frying pan, Baking sheet, Aluminum foil

Method

- 1

Broil corn and peppers on a foil-lined baking sheet coated with cooking spray 5 inches from heat about 5 minutes on each side or until peppers look blistered. Set corn aside.
- 2

Place peppers in a large zip-top freezer bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.
- 3

Cut into thin strips.
- 4

Stir together mayonnaise, lime juice, and cumin.

- 5 Spread mixture evenly over 1 side of each tortilla half; top evenly with cheese, pepper strips, and corn. Fold tortillas in half.
- 6 Cook quesadillas, 1 at a time, in a large skillet coated with cooking spray over medium heat 30 seconds to 1 minute on each side or until lightly browned.
- 7 Cut each quesadilla in half.
- 8 Note: Asadero or Oaxaca cheese may be substituted for Monterey Jack cheese.

Nutrition per serving

195	8 g	9 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.6 g · 29% of daily needs
Fibre			2.1 g · 9% of daily needs
Sugar			4.2 g · 5% of daily needs
Sodium			337 mg · 15% of daily needs
Cholesterol			17.4 mg · 6% of daily needs
Vitamin C			27.1 mg · 33% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/poblano-and-corn-quesadillas-148401