

RFFK 'Dillas with Pickled Red Onions

4-6 servings



These are CBQ-filled: corn, beans, and queso, which is an OG combo for quesadillas. They are family-friendly, i.e., mildly spiced, so feel free to add your favorite heat. And the recipe is a twofer: Quick-pickling a single onion while you prepare the quesadilla ingredients will provide you with enough of the sweet-tart condiment to top a grain bowl layer in a sandwich, or chop and stir into egg salad.

INGREDIENTS

For the pickled onions

- ½ cup **water**
- ¼ cup **distilled white vinegar**
- ¼ cup **apple cider vinegar** or **sherry vinegar**
- 1 or 2 tablespoons **maple syrup**
- 1½ teaspoons **fine sea salt**
- ¼ teaspoon **whole allspice**
- 1 **bay leaf**
- ¼ teaspoon **crushed red pepper flakes**
- 1 **medium red onion**

For the quesadillas

- **Kernels from 2 ears** of freshly shucked corn (about 1½ cups)
- 1 cup (about 6 ounces) canned/drained **black beans**
- 1½ cups (about 6 ounces) shredded **Monterey Jack** (dairy or nondairy) or **Oaxaca cheese**
- Flesh from 1 ripe but firm **Hass avocado**, cut into ¼-inch dice
- 1 teaspoon **Spanish smoked paprika**
- 2 tablespoons **fresh lime juice**
- Four 10-inch **whole-wheat flour tortillas**

DIRECTIONS

1. For the pickled onions (Make up to 1 week ahead): Stir together the **water**, **both vinegars**, the **maple syrup** (to taste), **salt**, **allspice**, **bay leaf**, and **crushed red pepper flakes** in a small saucepan over medium heat. Cook just until fragrant and small bubbles appear at the edges.
2. Meanwhile, cut the **red onion** in half, then with the flat sides down cut each half into very thin half-moon slices. Pack them in a pint-size jar or heatproof container. Pour the hot mixture over them and let sit, uncovered, until almost room temperature, about 20 minutes. The yield is about 2 cups.
3. While they are cooling, prep the quesadillas: Preheat the oven to 375°F. Lightly grease a rimmed baking sheet with cooking oil spray.
4. Combine the **corn**, **beans**, **cheese**, **avocado**, **smoked paprika**, and **lime juice** in a mixing bowl, stirring until evenly incorporated.
5. Lay the tortillas on a cutting board. Fill half of each one with the corn mixture, then scatter some **pickled red onion slices** atop each portion. Fold over the tortillas (creating a half moon shape), then arrange them on the baking sheet and spray each folded tortilla with oil as well. Bake for about 15 minutes, turning them over halfway through, until you can see the cheese is melting and the tortillas have crisped up.
6. Transfer the quesadillas to a cutting board, cut into wedges, and serve warm.