



This recipe was served as a classroom cooking recipe in November 2025 during year with a bountiful squash harvest.

Three Sisters Quesadillas

PREP TIME:	10-15 minutes
COOK TIME:	10-40 minutes
TOTAL TIME:	20-55 minutes
SERVINGS:	8 Servings
AUTHOR:	<i>Adapted from https://theliveinkitchen.com/</i>

INGREDIENTS

8 taco-sized flour tortillas
2 cups shredded cheese
1 cup roasted or mashed butternut squash (about ½ medium squash)
15 oz black beans
1 cup corn kernels (fresh, frozen, or canned)
1 tablespoon extra-virgin olive oil
¼ teaspoon salt
Black pepper (to taste)
Optional toppings: sour cream, avocado, lime wedges, or extra salsa

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Roast squash for 30-40 minutes until soft.
3. Mash with a fork or potato masher.
4. In a large bowl, combine mashed squash, black beans, corn, and salsa.
5. Stir until evenly mixed. Add a pinch of salt if needed.
6. Heat skillet or griddle on medium and lightly oil it.
7. Lay a tortilla flat and spread about ¼ cup of the mixture on one half.
8. Sprinkle ¼ cup cheese over the filling.
9. Fold in half and press gently.
10. Cook for 2-3 minutes per side or until golden brown and cheese is melted.
11. Remove, cool slightly, and cut into wedges.
12. Serve warm with optional toppings.