

Recipes by Chef Lily



Cheese and Bean Quesadillas

- 1 ½ cups masa
- 1 ½ cups warm water
- 1 teaspoon salt
- ½ cup shredded cheese
- ½ cup cooked beans
- 2-4 tablespoons vegetable oil

Mix masa, water and salt until you have a soft and uniform dough.

Divide the dough into 4 even balls. Place 1 ball between parchment and use a tortilla press to press until it is about 5-6 inches in diameter.

Place about ⅓ cup of each of the beans and cheese on half of your dough circle. Fold it over into a half moon, and crimp the edges. Repeat with the remaining dough balls.

Preheat a griddle to 350 degrees. Carefully add the oil and place the quesadillas in hot oil. Fry them for about two minutes per a side, or until golden brown and cooked through.

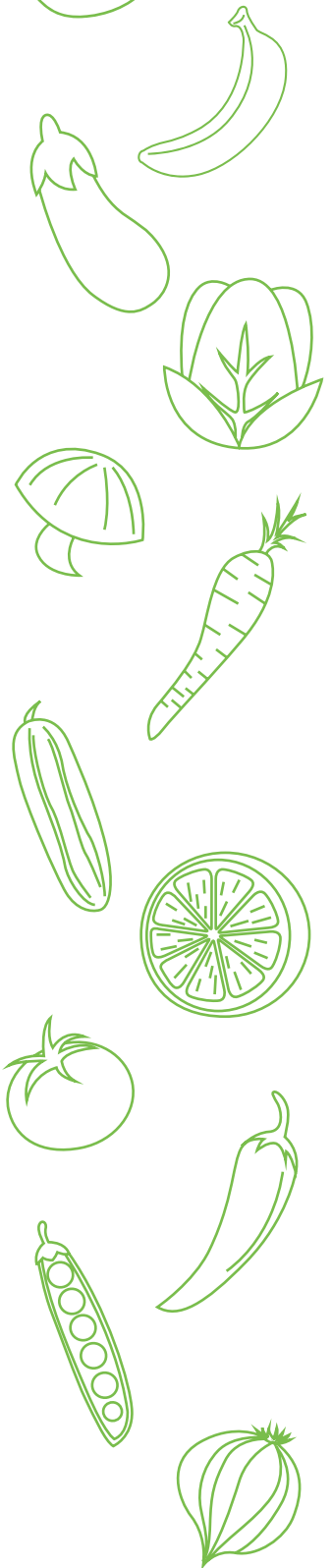
Guacamole

- 2 ripe avocados
- 1 tablespoon of minced cilantro
- 1 tablespoon of minced green onion
- Juice of 1 lime
- ½ small tomato, small diced
- Salt to taste

One at a time, run a knife down through each avocado, starting at the top, until you reach the pit; continue cutting around the pit until you reach the point you started. Twist the two halves of the avocado apart. Remove the pit and discard. Scoop the flesh into the bowl.

Add the cilantro, green onion and lime juice. Mash coarsely with a fork or a potato masher.

Fold in the tomato and season with salt to taste.



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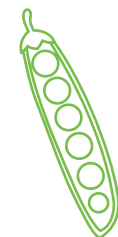
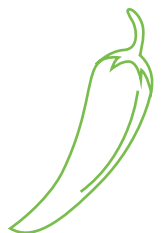
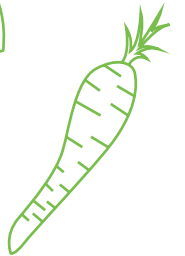


Pineapple Agua Fresca

- 3 cups cubed pineapple
- 2 cups cold water
- Sugar to taste
- Ice

Combine first 3 ingredients in a blender; process until very smooth.

Strain mixture through a sieve into a pitcher and serve over ice.



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