



CULINARY LEARN AND SHARE

BBQ Banana Peel Quesadillas

Ingredients

Banana peels
Wraps*
BBQ sauce
Shredded cheese
Olive or vegetable oil

Spices for marinade

Paprika
Garlic powder
Onion powder
Salt
Black pepper
Turmeric (optional)
Cumin (optional)
Oregano (optional)
Thyme (optional)

*substitute wraps with slices of bread or leftover baguette for an open-faced sandwich option

Directions

Scrape the inside of the banana peel with a spoon to remove remaining banana (shavings can be saved and used later in a smoothie).

Slice the peels into thin strips.

Add spices and oil to peels. Let stand for up to 10 minutes.

In a pan or wok, stir-fry seasoned peels on medium heat until tender. Reduce heat and add BBQ sauce, while cooking, and mix well.

Remove pan from heat.

To assemble wrap:

Place wrap in a clean skillet on low heat. Once wrap is heated, put shredded cheese and cooked banana peels in center of wrap.

Fold wrap in half and press down with spatula. Flip wrap over and press down. Remove from skillet.

If using bread instead of wrap, lightly toast one side of bread slices in the pan. Flip over before sprinkling shredded cheese and cooked banana peels on top. Toast on low heat until cheese melts.

Video link: <https://www.youtube.com/watch?v=7KgxitXEob8>

Recipe Source: NJ Dept of Environmental Protection. Food Recovery Cooking Challenge Finalists. September 16, 2021.



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