



## QUESO DE FREIR

Queso de freir is a great no carb, high protein addition to your kitchen! Queso de Freir can withstand high temperatures and still hold its shape without melting. Frying or pan-searing will soften the cheese and result in a golden-brown crust with a creamy, unmelted interior. Simply fry on each side until golden brown in 1 tsp of oil, then add to salads, pasta, sandwiches, or follow one of the recipe ideas below!

### Queso de Freir Tacos

#### Ingredients:

7 oz queso de freir, (6 slices)	1 pepper- your choice
1 teaspoon olive oil	Jalapeno- spicy
1 small red onion, quartered	Poblano- medium
	Bell Pepper-mild
	6 corn tortillas

#### To Serve:

handful cilantro, chopped  
salsa  
avocado slices  
corn, beans, or rice  
lime wedges

#### Instructions:

Pre-heat the grill or pan.

Place the quartered onions and pepper on the grill or pan. Turn occasionally so they cook evenly. Once the vegetables begin to soften and are black in spots, it's time to add the Queso de freir.

Brush the queso with olive oil to prevent sticking. Cook each side for about three minutes, until browned or grill marks form on the cheese. Remove the cheese & vegetables from the grill or pan.

Heat the tortillas, 15-30 seconds on each side.

Slice the queso into bite-sized pieces. Dice the onion and chop & de-seed the pepper.

Build your tacos & enjoy with a cold drink!

### Keto Queso de Freir with Pesto Eggs & Avocado

#### Ingredients:

2 slices of Queso de Freir	Avocado
2 eggs	Sprayed oil
Pesto	Crushed red chili

#### Instructions :

Cut the cheese into half-inch slices

Slightly grease a nonstick skillet with oil or spray

Put it to medium-high heat; as soon as the oil heats up, add the cheese and sear for 1-2 minutes on both sides, flipping the slices with a spatula, until nicely colored

Transfer the cheese to a paper towel-lined plate

Spread a spoonful of pesto in the same skillet

Crack the eggs directly into the pesto and cook them to your liking

Put some avocado over each slice of cheese, top with an egg, & sprinkle with red chili flakes

### Cinnamon-Sugar Crusted Queso de Freir

#### Ingredients:

½ cup granulated sugar	8-ounce Queso de Freir
¼ teaspoon ground cinnamon	1 tablespoon vegetable oil
2 large bananas	½ cup prepared Dulce de Leche, warmed
2 tablespoons butter, divided	Fresh strawberries (each cut in half)

#### Instructions :

On shallow plate combine sugar and cinnamon until blended.

Peel bananas. Cut each one in half lengthwise; then again in half crosswise. In 10-inch skillet over medium-high heat, in 1 tablespoon hot butter, cook banana pieces until golden brown, adding more butter if necessary, turning once. Remove bananas to plate.

Cut Queso de Freir into ½-inch-thick slices. In same skillet over medium-high heat, in hot oil, cook cheese slices until well browned on both sides. Remove to cinnamon-sugar mixture to coat well on both sides.

To serve, place four banana pieces on serving plate; top with a cinnamon-sugar coated cheese slice. Repeat with remaining bananas and cheese. Serve with dulce de leche and strawberries.