



quesadillas (veggie)

SERVINGS

4

TIME

10 minutes

INGREDIENTS

- 1 tablespoon oil
- 8 8-inch tortillas
- 1 cup black beans, drained and rinsed
- 1 cup corn, thawed if frozen
- 1/4 cup red bell pepper
- 6 scallions, thinly sliced
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup chopped cilantro without stems
- 1-2 cups Monterray Jack and/or Cheddar

EQUIPMENT

- Skillet
- Can opener
- Cutting board and knife
- Spatula
- Mixing bowl (3) and strainer
- Measuring cup and spoons

DIRECTIONS

- Grate cheese into a bowl.
- Pour black beans in a strainer and rinse with cold water. Let drain.
- Measure corn into a mixing bowl. Add beans.
- Cut a red bell pepper into strips and then turn 90° and slice into small pieces.
- Measure cumin, salt, and pepper. Add to veggies. Stir veggies and spices to combine.
- Heat a skillet over medium heat. Add oil and swirl the pan to coat. Once hot, add veggies and saute for a few minutes. Remove from heat and stir in cilantro and scallions.
- Place a tortilla on a flat surface and sprinkle about 1/4 cup cheese on top. Then sprinkle a quarter of the bean mixture on top of the cheese. Top with another 1/4 cup cheese and another tortilla.
- Carefully transfer to the skillet and press down gently. Cook until starting to brown on the bottom. Flip, and cook until the cheese is melted and the bottom is starting to brown. OR, heat in the microwave for 45-50 seconds until cheese melts.

TIPS TO INVOLVE THE KIDS

- Wash Hands!
- Designate an area to get a bit messy!
- If appropriate, let kids cut the onion, pepper, and scallions, and cook the veggies.
- Let the kids remove large stems from the cilantro. Encourage them to taste it!
- Let each kid make assemble their own quesadillas. Use enough cheese as the glue!

EXTRA!

- Make a batch of salsa and dunk your quesadillas!

