



Whole Wheat Quesadillas:

Quesadillas are a great way to use up what's in the fridge. Cut up veggies or leftover chicken or fish and add grated cheese as quesadilla glue. Feel free to experiment. This recipe uses large-sized tortillas as when folded in half they are easy for little hands to turn over in the sauté pan.

Yield: 5 quesadillas

Preparation Time: About 20 minutes Cooking time: About 4 - 5 minutes each

| <u>Ingredients:</u> | <u>Equipment:</u> |
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| <p><u>Salsa:</u></p> <ul style="list-style-type: none">• 4 tomatoes, chopped• A few sprigs cilantro• 1 green onion• Pinch red pepper flakes• Juice of ½ small lime or lemon• Pinch of salt and pepper <p><u>Quesadillas:</u></p> <ul style="list-style-type: none">• 5X 20cm (8") whole wheat tortillas• 1 Tbsp (15mL) olive oil• ¾ cup (175mL) cooked, rinsed and drained black beans• 1 cup (250mL) grated Monterey Jack cheese | <ul style="list-style-type: none">• Small sharp knife• Cutting board• Medium-sized bowl• Reamer or juicer• 2 soup spoons• Box grater• Large non-stick frying pan• Pancake flipper• tongs |

Method:

1. Cut **tomatoes** in ½ and place flat side down. Cut into small chunks. Place into a medium-sized bowl.
2. Rip the leaves from a few sprigs of **cilantro** into the tomato bowl.
3. Cut the hairy root end off of the **green onion** then cut the green onion into pinky wide strips. Add to the tomato bowl.
4. Add a one finger pinch of **red pepper flakes**.
5. Juice 1/2 **lime** or lemon into the bowl.
6. Add a pinch of **salt** and a few grinds of **freshly cracked pepper**.
7. Mix together with a spoon.
8. Grate the **cheese** on the largest holes of a box grater
9. Place a tortilla on the cutting board. Place about 3 spoonfuls of **salsa** on the top half of the tortilla. Spread evenly on the top half of the tortilla.
10. Add 3 spoonfuls of **black beans** on top of the salsa.
11. Sprinkle 3 spoonfuls of grated **cheese** over top of the salsa and beans.
12. Fold up the bottom half of the tortilla to meet the edge of the top half.

13. Have an adult heat up a non-stick frying pan over medium heat. Add a small squirt, about 1tsp (5mL) worth of olive oil. Hanging on to the two edges of the tortilla, gently place the folded edge on the frying pan and let go of the quesadilla away from you.
14. Cook until the bottom of the tortilla starts to turn golden brown, about 2 minutes.
15. Using a pancake flipper and tongs, turn the quesadilla over on the folded side of the tortilla to cook the other side. Cook until golden brown, about 2 minutes.
16. Use a pancake flipper to remove from pan and place on a cutting board. Cover with a clean tea towel or foil until the other quesadillas are cooked.
17. Repeat with the other quesadillas, add oil to the pan with each new quesadilla.
18. Use a pizza cutter or sharp knife to cut the quesadilla into wedges.
19. Serve right away with the extra salsa, guacamole, low fat sour cream, plain yogurt or on its own.