Adapted from Healthy Latino Recipes, California Latino 5 a Day Campaign Program (1999).

Vitamin A-60%; Iron-4%; Calcium-15%

46g; Total Fat–9g; Saturated Fat–4.5g; Fiber–7g; Sodium–720mg; Vitamin C–25%; Nutrition Facts (Serving size 1 quesadilla): Calories-330; Protein-15g; Carbohydrate-

3. Cut each quesadilla into tour equal pieces. Serve.

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and cover each with another tortilla. tour tortillas. Sprinkle cheese evenly over the vegetables

mixture over each of Sprinkle 1/2 cup vegetable

> carrots and zucchini. I. In a small bowl, mix

> > Directions

get the best price on produce. quesadillas. Use what is in season to Try other vegetables to make these

lunch or dinner. suack or make a quick quesadilla for retrigerator. You can grab them as a vegetables and leave them in the comes to dinner. Pre-cut your • Be ahead of the game when it

Food Sense Tips

Јаск срееѕе 34 cup shredded Monterey 8 (8-inch) whole wheat tortillas 1 medium zucchini, grated 1 large carrot, grated

Prep time: 10 minutes | Cooking time: 10 minutes | Number of servings: 4

Vegetable Quesadillas



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Vegetable Quesadillas

Prep time: 10 minutes | Cooking time: 10 minutes | Number of servings: 4

1 large carrot, grated

1 medium zucchini, grated

8 (8-inch) whole wheat tortillas

34 cup shredded Monterey Jack cheese

Directions

- 1. In a small bowl, mix carrots and zucchini. Sprinkle ½ cup vegetable mixture over each of
 - four tortillas. Sprinkle cheese evenly over the vegetables and cover each with another tortilla.
- 2. Heat a nonstick pan on medium heat until hot. Place a quesadilla in the pan. Cook for 1 minute or until lightly browned. Turn over and cook other side until lightly browned.
- 3. Cut each quesadilla into four equal pieces. Serve.

Nutrition Facts (Serving size 1 quesadilla): Calories-330; Protein-15g; Carbohydrate-46g; Total Fat–9g; Saturated Fat–4.5g; Fiber–7g; Sodium–720mg; Vitamin C–25%; Vitamin A-60%; Iron-4%; Calcium-15%

Adapted from Healthy Latino Recipes, California Latino 5 a Day Campaign Program (1999).

Food \$ense Tips

- Be ahead of the game when it comes to dinner. Pre-cut your vegetables and leave them in the refrigerator. You can grab them as a snack or make a quick quesadilla for lunch or dinner.
- Try other vegetables to make these quesadillas. Use what is in season to get the best price on produce.





USDA and Washington State University are equal opportunity providers and employers.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SUAP). The Supplemental Nutrition Assistance Program (SUAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

Use a sharp knife to cut each quesadilla into four equal pieces.

Difficult Tasks: Remove cooked quesadilla from pan.

Place quesadillas in pan.

Measure vegetables and cheese. Turn burner on and off.

Intermediate Tasks: Grate vegetables and cheese.

Place grated vegetables in mixing bowl. Sprinkle cheese over each quesadilla. Place second tortilla on top of filling.

Set out four tortillas.

Wash vegetables.

Easy Tasks: Gather ingredients and equipment.

with adult help.

Cooking together as a tamily helps children develop important lite skills. It helps parents by sharing the work load of making meals. It is important that when children learn new skills that it is done

Cook Together! Preparing Quesadillas with Kids



KID-TESTED FRUITS & VECCIES

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Cook Together! Preparing Quesadillas with Kids

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