



Grow With Me Food Recipes



Recipe Name: Quesadillas

Ingredients

- Corn
- 1 cup of yellow rice
- Green pepper
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- Spanish onion
- Pre poked black beans
- Frozen broccoli spears (steamed)
- Mexican style shredded cheese (substitute child's favorite cheese)
- Small flour tortillas
- Favorite mild salsa
- Sour cream or Greek yogurt

Procedure

Best if using pre made yellow rice, which makes this recipe quick and easy. Petite chop all veggies. Once small non stick pan is heated and lightly greased add onions. Wait until onions are translucent to add veggies. Cook until soft, add a table spoon of salsa. Remove veggies to side bowl. Heat tortilla on same pan, add cheese and veggie mixture, fold, flip and press until tortilla becomes slightly firm.

Enjoy! With a side of sour cream and extra salsa if desired.
