

Veggie Quesadillas

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Ingredients:

1/4 cup + 2 Tablespoons grated **cheese**

2 Tablespoons **beans**

1/4 cup cooked **corn**

1/4 **carrot**

1/4 **bell pepper**

3 **corn tortillas** (6-inch)

Makes: 3 quesadillas—if cut in half, makes 6 quesadillas

Directions:

1. Measure the cheese, beans and corn, and set them aside on a plate.
2. Grate carrot and bell pepper and set aside.
3. Preheat a large skillet over low heat.
4. Place a tortilla on your plate. Sprinkle your cheese on top of the tortilla. Sprinkle beans, corn, carrot and bell pepper on top of the cheese.
5. Carefully place your quesadilla in the heated skillet. Heat it until the cheese is melted and the tortilla is slightly golden, about 3 minutes.
6. Using a spatula, fold the quesadilla in half and return it to the plate. Repeat until the quesadillas for everyone in your cooking team are made. Turn off the stove after the last quesadilla is cooked.

