



QUESADILLAS

Number of servings: 5

Ingredients:

- 1 tomato
- 1 (8-ounce) block cheese
- 1 (10-count) package small flour tortillas
- Optional: bell peppers
- round onions
- taco sauce
- beans: kidney, pinto, OR refried

Directions:

1. DICE tomato and other optional ingredients. SET aside.
2. GRATE cheese. SET aside.
3. In a large ungreased skillet/pan, PLACE one tortilla to warm.
4. SPRINKLE tomato and cheese on tortilla.
5. ADD optional ingredients on top of tortilla: bell peppers, round onions, taco sauce, and beans.
6. PLACE a second tortilla on top.
7. HEAT until cheese is melted.
8. REMOVE from pan and CUT into wedges like a pizza.

Variations:

Use other cheeses.
Use other vegetables.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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