

Cooking: Quesadillas

Benzie Central High School & Academy After School



***Quesadillas** originated in northern and central Mexico in the 16th century. Corn tortillas were popular among the Aztec people and they often stuffed them with squash and pumpkin and baked them in clay ovens as a sweet dessert. The Mexican dish consists of a tortilla that is filled primarily with cheese, and sometimes meats, beans, vegetables, and spices, and then cooked on a griddle. Traditionally, a corn tortilla is used, but it can also be made with a flour tortilla, particularly in northern Mexico and the United States. A full **quesadilla** is made with two tortillas that hold a layer of cheese between them. A half is a single tortilla that has been filled with cheese and folded into a half-moon shape.*

- Ingredients:**
- Fresh vegetables desired (Avocado, Tomatoes, Peppers, Cilantro, Onions, etc.)
 - Canned vegetables desired (refried beans, black olives, etc.)
 - Cheese(s) desired (Mozzarella, Pepper Jack, Monterey Jack, Cheddar, etc.)
 - Cooking Oil
 - Flour Tortillas (larger sizes work better for Quesadillas, approx. 10 inch dia.)
 - Salsa and/or Sour Cream

Instructions:

1. Wash & cut all of the vegetables (avocado, tomatoes, peppers, onions, cilantro) you will be using.
2. Shred any cheeses you will be using (mozzarella, pepper jack, Monterey jack, cheddar, etc.)
3. Open any cans of vegetables you will be using.
4. Heat 1 tablespoon oil in a pan over medium-high heat.
5. Add the vegetables (wait on the cilantro and avocado though) into the pan.
6. Cook for 3-4 minutes or until the vegetables are softened.
7. Turn off heat and stir in chopped cilantro.
8. In a clean skillet over medium heat, add a teaspoon of oil and a flour tortilla.
9. Top the tortilla with cheese, cooked veggies mixture, and another layer of cheese.
10. Place a 2nd tortilla on top & cook it, flipping once until golden on both sides, about 3 min. per side.
11. Slice and Serve with sour cream, salsa, avocado, etc.



An excelente Quesadilla made by Kendahl at SEEDS last Fall.



Quesadilla Challenge: Make some **Quesadillas** for your family to eat this week. Try making several variations, perhaps making a unique and culinarily creative version. Be sure to take some photos of your **Quesadilla** creations to share with your friends and family. You can send photos of your Stay-at-home SEEDS activities to Elizabeth Dunham at elizabeth@ecoseeds.org for some SEEDS Social Media promotion. Give your name, school, and brief description of the photograph.