**Corn and Black Bean Salsa with Quesadillas**

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| Jobs for Lab Day: Place all group names here | | |
| 1 | Washer/Prep tools |  |
| 2 | Dryer/Cooking tools |  |
| 3 | Housekeeper/Ingredient Gathering |  |

**Part 1: Quesadillas**

**Ingredients:**

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| 4-5 flour tortillas  250 ml grated cheese |  |

**Method:**

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| Place 4-5 tortillas on clean counter; top each with ¼ of the cheese on one side of the tortilla. |  |
| Fold tortilla in half and press down gently. |
| Heat fry pan at med-high (6) and place 2 quesadillas in pan. Heat until cheese starts to melt, flip and heat until cheese is melted and tortilla is golden brown. |
| Place warm quesadillas on cutting board and cut into quarters. |
| Arrange on large white platter |

**Part 2: Corn and Black Bean salsa:** Yield 2 cups

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| 30ml olive oil | 1/2 lime juice |
| 10ml red wine vinegar | 1 small clove of garlic |
| 2ml ground cumin | 125ml fresh or frozen corn |
| 2ml chili powder | 1/2 red pepper, diced |
| 2ml sugar | 1/4 jalapeno pepper seeded and diced (optional) |
| Pinch of Salt and pepper | 1 small green onion, cut in thin strips |
| 50mlblack bean rinsed and drained | 1 small bunch of cilantro, torn into small pieces |

**Method**

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| 1) Measure the olive oil, red wine vinegar, cumin, chili powder, sugar, salt, and peppers, place into medium-sized bowl, Mix together with fork. |  |
| 2) Peel the garlic clove and mince until they are in little pieces. Add the garlic to the bean bowl. |
| 3) Juice one half of the lime into bean bowl |
| 4) Cut the red pepper into thin strips, and then cut each strip into small cubes. Try and cut the pepper the same size as the beans |
| 5) Cut the jalapeno pepper into half from stem to the tip. Cut into thin strips, cut each strip into tiny cubes. Add the diced jalapeno to the bean bowl. Then wash your hands and wipe the cutting board down. |
| 6) Cut the green onion into thin strips then add it to the bean bowl. |
| 7) Rip the leaves from the cilantro and tear into small pieces into the bowl |
| 8) Combine all ingredients together, cover and refrigerate until ready to eat. |

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| Criteria | **Self Assessment** |
| 1. I READ and followed the recipe accurately 2. I demonstrated kitchen safety and food safety 3. I worked with my kitchen team equitably and fully completed my lab duties | |  |  |  |  | | --- | --- | --- | --- | | **Extending** | **Proficient** | **Developing** | **Emerging** | |  | | | | |