

Quesadillas

Name _____ Block _____ Date _____

Ingredients:

4-5 flour tortillas

250 ml grated cheese (4 oz or 125 g) divided into quarters

Method:

1. Place 4-5 tortillas on clean counter; top each with $\frac{1}{4}$ of the cheese on one side of the tortilla.
2. Fold tortilla in half and press down gently.
3. Preheat oven to 250 degrees F and place cookie sheet in oven to warm.
4. 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.
5. Place in oven and cook remaining quesadillas.
6. Place warm quesadillas on cutting board and cut into quarters. Put on side plates and serve with Corn and Black Bean Salsa.

List/Draw Equipment needed for this lab:

Housekeeping Jobs:

Washer _____ Dryer _____

Housekeeper _____ Special _____

Cooking Jobs:

Salsa chopper _____ Salsa dressing _____

Saucier _____ Quesadilla maker _____

List/Draw Ingredients needed for this lab from your kitchen and from the teacher:

1. Cheese is rich in the mineral _____, which builds strong _____ and _____.

2. Explain how to safely wash the cheese grater.

3. Give 3 reasons to wash your hands before cooking.

4. In which country do quesadillas and salsa originate?

6. Name 3 protein foods you could add to make a quesadilla more filling:

7. Name 3 veggies you could add to make a quesadilla more filling:
