

Personal Veggie Quesadillas with Yogurt Dip

Our preparation instructions ensure that students are not sharing ingredients or utensils that could cause cross contamination.

Adapted from Food Hero
Makes 12 small quesadillas



Photo credit: Food Hero website

Ingredients

- 1 yellow, red, or orange bell pepper
- 1 medium carrot
- 1/2 cup cilantro
- 1/2 cup canned pinto or black beans
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 ½ cups shredded cheddar cheese
- 12 corn tortillas

Cilantro Yogurt Dip

- 1/4 cup cilantro
- 2 cups plain yogurt
- 1/2 teaspoon salt

Equipment

- Small bowls and plates for each student
- Measuring cups and spoons
- Skillets for cooking quesadillas

Instructions for Teachers

1. Remove stem and seeds from bell pepper and chop into 1/4-inch pieces. Peel carrot and shred on a grater. Chop cilantro. Drain and rinse canned beans. Thaw if using frozen corn or drain if using canned corn.
2. Stir together bell pepper, carrot, cilantro, beans, and corn in a medium bowl and divide the mixture evenly into 12 small bowls for each student. Set aside.

farm to TABLE

3. To make the dip, finely chop the cilantro and stir together with yogurt and salt. Set aside.

Instructions for Cooking with Students

1. Provide each student with their bowl of prepared vegetables, 2 tablespoons shredded cheese, and 1 corn tortilla.
2. Have students spread the shredded cheese and prepared vegetables over half the tortilla, then fold the tortilla in half to cover the filling.
3. Teachers should cook quesadillas in skillet over medium-low heat, until cheese is melted, and tortilla is slightly golden, about 3 minutes. Flip and cook other side until golden, about 1 minute more.
4. Place quesadillas on students' plates, cut into wedges, and top with a spoonful of cilantro yogurt dip.

Note:

- To make the recipe dairy free, use dairy-free cheese and yogurt alternatives.
- If using fresh corn, one large ear provides about 1 cup of cut corn kernels.