

## **Lesson 6B Cheese Quesadillas**

### Materials Required:

- Cutting boards
- Large microwave safe dish
- Child safety knives
- Measuring cups
- Plates
- Spoons
- Cleaning supplies

1) Wash hands, ensure *mis en place*, and start recipe

#### Recipe:

Ingredients: Whole grain tortillas, shredded cheddar cheese, shredded mozzarella, red bell pepper, onion

1. Lay tortilla on a plate
2. Chop red bell pepper and onion
2. Layer half of the tortilla with  $\frac{1}{4}$  cup cheddar cheese,  $\frac{1}{4}$  cup mozzarella cheese,  $\frac{1}{4}$  cup diced onion, and  $\frac{1}{4}$  cup bell pepper
3. Gently fold half of the tortilla over the filled half and heat for 30-60 seconds
4. Cut quesadilla into  $\frac{1}{4}$  slices and serve

2) Clean Up

3) Give out recipe book to students to take home

4) **Give Post-Survey located in Back of Booklet**

5) Please scan and send pre and post surveys to [stacysimmons@unr.edu](mailto:stacysimmons@unr.edu)

Optional Recommended Activities for this lesson (see back of booklet):

- Video: Are You Smarter Than A Food Label?