

# Kids in the Kitchen with Jr. Chef Gianna Key

## Cheese Quesadillas



PREP TIME 4 mins

COOK TIME 4 mins

TOTAL TIME 8 mins

COURSE Main Course

CUISINE American, Mexican

SERVINGS 4

### EQUIPMENT:

- Frying pan or griddle
- Spatula
- Knife
- Plate
- Hot pad

### INGREDIENTS:

- 4 flour tortillas, medium size
- Butter
- 2 cups shredded cheese (*see notes*)
- optional fillings (*see notes for ideas*)

### INSTRUCTIONS:

*ALWAYS WASH YOUR HAND BEFORE YOU BEGIN!*

- Place  $\frac{1}{2}$  tsp of butter into the frying pan/griddle.
- Heat on medium-high for 2 minutes, then add the tortilla.
- Warm for 30 seconds, then add the cheese to one half of the tortilla.
- Fold over the other half and press down with a spatula. *\*If adding other ingredients to the filling, make sure to add them here before folding the tortilla!*
- Cook for 4-5 minutes, flipping halfway through, until the tortilla becomes lightly browned. *If your tortilla is cooking too fast, the cheese won't melt. Turn your stove down a bit to ensure the cheese is melting as the tortilla is cooking!*
- Use a spatula to press down on the tortilla as it cooks to help the ingredients stick.
- Remove from the pan and let cool for a few minutes before slicing. Serve with your favorite salsa, guacamole, or sour cream.

## NOTES

Type of shredded cheese: Shredded melting cheeses are the best to use in quesadillas. mozzarella, cheddar, Monterey Jack, Colby Jack, and Mexican cheese blends like taco style cheese all work great. Gianna's Favorite is sharp cheddar!

## Filling Ideas:

**Gianna's Special:** Mexican (taco) seasoned chicken, onions, black beans, cheddar cheese, guacamole, sour cream, and salsa.

**Chicken:** add shredded rotisserie chicken or diced taco-seasoned chicken to this basic recipe.

**Beef:** taco-seasoned ground beef, cheese, black beans, sliced avocado, and diced tomatoes.

**Vegetarian:** cheese and vegetables, such as sliced green peppers, mushroom, sliced onion, and diced tomato.

**Southwestern:** pepper jack cheese, black beans, sliced onion and peppers, diced tomatoes, fresh cilantro, and sweet corn.

**Mediterranean:** shredded mozzarella, feta cheese crumbles, chopped spinach, olives, diced tomato and sliced red onion.

**Seafood:** use one or a combination of small shrimp, diced lobster tails, and crab meat paired with adobo sauce, red onion, red bell pepper, fresh cilantro and cheddar or mozzarella cheese.

**Caprese:** mozzarella cheese, sliced tomato, fresh basil leaves and a drizzle of balsamic vinegar.