

Quesadilla with Beans or Chicken

1 Quesadilla | Grains • Protein • Dairy

Ingredients

- 1 flour tortilla
- ½ cup canned beans or 1 can or pouch chicken (5 ounces), drained
- ¼ cup shredded or grated cheese
- 1 Tablespoon salsa (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If canned, open chicken with either the pull tab or can opener, and drain. Or, open the pouch.
3. Open canned beans with either the pull tab or can opener, and drain.
4. Grate the cheese, if needed.
5. Spray a skillet with nonstick spray.
6. Place the tortilla in the skillet.
7. Spread beans or chicken on one half of the tortilla. Sprinkle cheese on top.
8. Fold the tortilla in half.
9. Cook on medium heat until bottom begins to brown. Flip over and cook until the second side is brown.
10. Let cool for 1 minute before cutting.



Lunch or Dinner
6th grade +



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