

## APPLE CHEDDAR QUESADILLAS

<b>Culinary Intro:</b>	A delicious and yummy way to use seasonal produce.
<b>Nutrition Intro:</b>	Add apples or any other seasonal fruits or veggies you might have on hand to add a flavorful and nutritious twist to quesadillas

<p><b>Prep Time:</b> 20 minutes</p> <p><b>Ingredients for 1 servings:</b></p> <p><b>Each serving = 1 quesadilla</b></p> <p><b>Cost per serving= \$1.23</b></p> <ul style="list-style-type: none"> <li>• 1- 10" whole wheat tortilla</li> <li>• 1 ounce grated cheddar cheese, about ¼ cup</li> <li>• ½ apple, thinly sliced</li> <li>• 2 Tablespoons grated carrot</li> <li>• 1 Tablespoon chopped walnuts</li> <li>• ½ Tablespoon dried cranberries</li> </ul> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Heat a skillet over medium heat.</li> <li>2. Heat tortillas on the skillet. Add half of the</li> </ol>	<b>Culinary/ Nutrition Notes for Demo:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• be careful when working with hot surfaces</li> </ul>

<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• develop flavor by adding a variety of fruits and/or vegetables to quesadillas</li> <li>• slice apple thinly so that they heat through</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Whole wheat tortillas have fewer calories, more nutrients and less added fats than flour tortillas.</li> <li>• Whole wheat or corn tortillas are richer in fiber and usually less processed than flour tortillas.</li> </ul>
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grated cheese on one side of the tortilla. Top with apple slices, grated carrot, walnuts and dried cranberries. Top with the rest of the cheese. Fold the over the tortilla.

- Allow the quesadilla to heat on one side until lightly browned and cheese begins to melt. Flip and continue to cook until browned and all the cheese is melted.

Nutrition Facts	
Serving Size 1 quesadilla (169g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 310	<b>Calories from Fat</b> 140
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 460mg	<b>19%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 11g	
<b>Protein</b> 12g	
Vitamin A 50%	Vitamin C 10%
Calcium 30%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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**Culinary:**

- make sure cheese has melted before flipping to the other side

**Nutrition:**

- Cheese is a good source of calcium.
- Calcium is a mineral our body needs to build strong bones. We can also obtain calcium from plant foods, for example: leafy green vegetables.
- Most dairy products are rich in saturated fats, if this is a concern, you may choose low-fat or fat free dairy foods.
- Some cheeses are high in sodium, compare Nutrition Facts food labels.
- Apples are a nutrient dense, low-cost and low calorie fruit that is easy to carry as a snack.
- Walnuts are a rich source of heart-healthy fats and they are the only tree nut that provides, hard-to-find, omega-3 fatty acids.

**Clean-up/Review comments**

**Culinary:**

This recipe is a guide. Use other fruits, like pears or peaches. If going with vegetables, make sure they are cut into small pieces, so that they heat through. Broccoli, tomato, onion, peppers and mushrooms are also delightful.

**Nutrition:**

The serving size of this quesadilla is the equivalent of a meal. This quesadilla includes a balance of all five food groups in just the right amounts.

Materials	Shopping List	Qty.
<ol style="list-style-type: none"> <li>1 cutting board</li> <li>1 Chef's knife</li> <li>1 bowl for trash</li> <li>mise en place cups</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small apple</li> <li><input type="checkbox"/> 1 carrot</li> </ul>	

<ol style="list-style-type: none"> <li>5. 1 grater</li> <li>6. 1 plate/ tray</li> <li>7. silicone spatula</li> <li>8. locked tongs</li> <li>9. electric skillet</li> <li>10. measuring cups</li> <li>11. measuring spoons</li> <li>12. paper plates/ cups/ soufflé cups</li> <li>13. paper towels</li> <li>14. tablecloth</li> <li>15. oven mitt</li> <li>16. kitchen towel</li> <li>17. gloves</li> <li>18. copies of recipe</li> </ol>	<p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> dried cranberries</li> <li><input type="checkbox"/> whole wheat tortillas</li> <li><input type="checkbox"/> walnuts</li> </ul>	
	<p><b>Dairy</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> grated cheddar</li> </ul>	
	<p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> plates, napkins, forks, paper towels</li> </ul>	

**Prepping for demo:**

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Leave apple intact to avoid browning. Make sure to leave a portion of the carrots, cheddar cheese, and walnuts intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo (store apples in water with lemon juice added to avoid browning).
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

**Estimated time for preparation:** ½ hour