



Ideal for ages 3-10



20-Minute Meal

INGREDIENTS

Per Child Serving

- 2 small flour tortillas
- 1/4 Cup Shredded Cheese
- 1 teaspoon butter or oil
- 2 tbsp guacamole or avocado slices
- 2 tbsp salsa

Per Adult Serving

- 2 large flour tortillas
- 1/2 Cup Shredded Cheese
- 1 teaspoon butter or oil
- 3 tbsp guacamole or avocado slices
- 3 tbsp salsa

Optional Add-Ins

Protein

- Diced Grilled Chicken
- Scrambled Egg
- Rotisserie Chicken
- Leftover Taco Meat

Veggies

- Chopped Bell Peppers
- Shredded Spinach or Zucchini
- Corn Kernels
- Sauteed Onions
- Sauteed Mushrooms

Place the Queso Kid design under a clear plate for a fun, engaging presentation! Kids love helping match food to the buddy's face. When plating make the guac look like hair and salsa arranged like a smile

COOKING INSTRUCTIONS

Make the quesadilla

Lightly butter one side of each tortilla (optional). Place one tortilla in a warm skillet, sprinkle cheese evenly, and add any optional fillings like protein or veggies on top of the cheese. Then place the second tortilla on top. Cook until golden on both sides and the cheese is fully melted.

Cut and arrange

Slice the quesadilla into two triangles and place them at the bottom of the plate like a poncho.

Decorate the face

Add a scoop of guacamole to the top for Queso Kid's hair.
Place a dollop of salsa below for the mouth or nose.
(Optional) Add sliced olives, cherry tomatoes, or black beans for eyes or cheeks.



Adult Vibe



Kid Vibe

Sidekick Ideas

for a well rounded meal

- Fresh fruit (like grapes or orange slices)
- Veggie sticks with dip
- Mini corn on the cob
- Yogurt cup or smoothie
- Apple slices & cheese stick
- Spanish Rice



Kitchen Jobs for Kids



Ages 3-4

- Sprinkle shredded cheese on a tortilla
- Use a spoon to help scoop guacamole and salsa (with adult guidance)
- Press the top tortilla on the quesadilla before cooking
- Help place toppings to match Queso Kid's face (hair = guac, smile = salsa)

Ages 5-6

- Tear spinach or help measure corn or other add-ins
- Use a kid-safe knife to slice olives or cherry tomatoes
- Lightly oil the tortilla with a brush or spoon
- Arrange the face features on the plate using their imagination

Ages 7-10

- Measure ingredients and layer the quesadilla with protein or veggies
- Help flip the quesadilla in a skillet (with close supervision)
- Use small cookie cutters on cooled tortillas or cheese
- Build creative face designs—maybe even give Queso Kid a veggie hat or mustache!

Post your creation.



#makeahappyplate

Queso Kid Guac

Ingredients

Makes 1 cup



- 1 ripe avocado
- 1 tbsp finely chopped red onion*
- 1 tsp lime juice
- 1 tbsp chopped cilantro
- Pinch of cumin
- Salt & pepper to taste

Instructions

- Cut the avocado in half and remove the pit.
- Scoop the flesh into a bowl.
- Mash it with a fork to your desired consistency.
- Stir in the red onion, lime juice, cilantro, cumin, salt, and pepper.
- Taste and adjust seasoning if needed.
- Serve immediately or cover and chill for up to 1 hour.

dd

Michelle Cole



*leave out for children under 3 and sensitive eaters

Store-Bought Guac

When buying store-bought guacamole, look for simple ingredients like avocado, lime, and salt—no preservatives or added sugars. Choose “mild” varieties for kid-friendly flavor, and check for low sodium (under 140mg per serving). Fresh, green color and a short ingredient list are your best signs of a wholesome pick!

Queso Kid Salsa

Ingredients

Makes 1 cup



- 1 ripe tomato, finely chopped
- 1 tsp lime juice
- 1 tbsp chopped cilantro (optional)
- Pinch of salt

Instructions

- Add all ingredients to a mixing bowl.
- Stir together gently.
- Chill in the fridge for 5-10 minutes if time allows.
- Serve with quesadillas, chips, or spooned onto veggies!
- Stays fresh for 2 days in the fridge



*leave out for children under 3 and sensitive eaters

Store-Bought Salsa

Choose "mild" salsas with no added sugar or preservatives. Look for whole ingredients and fewer than 10 items on the label.

Making salsa from scratch lets you control every ingredient and gets kids excited to taste what they made themselves!