

# Quesadilla





Ideal for ages 3-10



# **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 platting 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

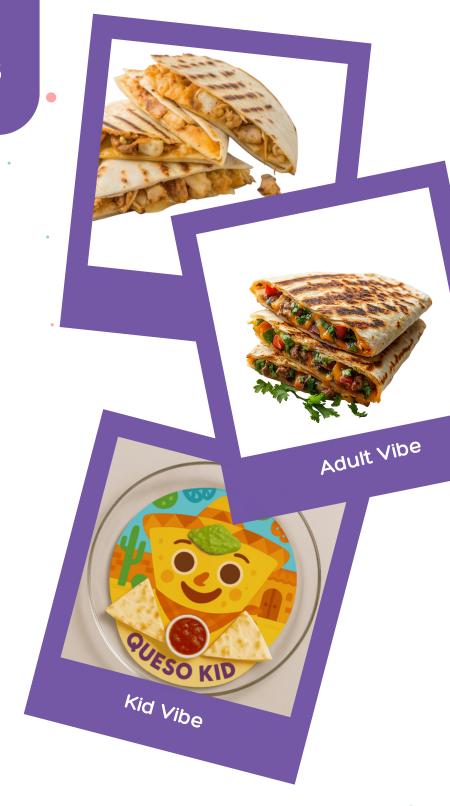
Slice the quesadilla into two triangles and place them at the bottom of the plate like a poncho.

#### 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.



### 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!

## **Queso Kid Guac**

## Ingredients

Makes 1 cup

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

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### Instructions

- Cut the avocado in half ar
- Scoop the flesh into a box

Michelle Cole

- 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.

\*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 kidfriendly 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
- 1tsp 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!