**RECIPE:** Quesadilla

**Yield:** 2 quesadilla

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Vegetable Filling Variation:**

10mL vegetable oil

1 cloves garlic , minced

80mL  onion , diced

80mL black beans

80mL red bell pepper, diced

80mL corn kernels

20mL tomato paste

20mL water

**Beef Filling:**

3mL oil

1 garlic cloves , minced

45mL onion, finely chopped

75g ground beef (1/2lb)

45mL black beans

45mL corn kernels

45mL red bell peppers , diced

10mL tomato paste

20mL  water

**INGREDIENTS**

2  flour tortillas

140mL shredded cheese

**Spice Mix:**

1mL  onion powder,

1mL dried oregano

1mL salt

3mL cumin powder

3mL paprika

0.5mL black pepper,

\*pinch cayenne pepper

**INSTRUCTIONS:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a small bowl.

**\*REMINDERS:**

1. Heat oil in a skillet over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Add onion and garlic, cook for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Add beef and cook, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Once it changes from pink to brown, add bell pepper and corn. Cook for 1 minute.
3. Add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mix. Cook for 2 minutes. Transfer to bowl, cool.
4. Place tortilla on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Sprinkle \_\_\_\_\_\_ side with a bit of cheese, top with filling and top with cheese. Fold in half.
5. Preheat non-stick frying pan over \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (no oil)
6. Place quesadilla in frying pan, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lightly. Cook for 3 minutes until underside is golden brown and crispy.
7. Carefully \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Press down lightly. Cook another 3 minutes until crispy
8. Transfer to cutting board, cut in half. Serve immediately!

With raw meat, be careful to **avoid cross-contamination**.

* Wash your hands \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ handling raw meat.
* Place a paper towel under the \_\_\_\_\_\_\_\_\_\_\_ that touches raw meat as it is cooked
* Cook until \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is gone to ensure that all E-coli bacteria are destroyed
* Wash dishes with approx. 30mL of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ added to the hot soapy water
* Eat food within the first \_\_\_\_\_\_\_\_\_\_\_\_\_ of cooking or wrap and place in the fridge

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PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tray Equipment:

**LAB DUTIES:**

Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**QUESTIONS:** Reference: Protein nutrition facts table handout

1. This recipe provides a good supply of protein. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and cheese in this recipe provide a **complete protein** source and the black beans and vegetables provide an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **protein source**.
2. What is the difference between complete and incomplete proteins?
3. How can people who do not eat animal products get all 20 essential amino acids if animal sources are the only foods that supply them?
4. Protein is a component of **every cell in the human body** and is necessary for proper **growth** and **repair** of cells and body tissues. Protein also helps with many processed within the body. These include:
5. Most Canadians eat enough protein to meet their daily needs so the %DV for protein is usually not included in the nutrition facts table. When is a %DV **required** to appear in the facts table?
6. Text, logo

   Description automatically generatedProtein provides energy (calories ) for the body. What happens to excess calories and protein that the body does not use in a day?
7. Plant foods can supply the body with all the protein a person needs and are low in fats and calories. What other nutritional benefits do plant foods (beans, fruit and veg) provide?