**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. Mix spice ingredients in a small bowl.

**\*REMINDERS:**

* Bring frying pan to front so that teacher can place raw meat in frying pan
* Break up ground beef as it cooks so that no pieces remain pink in the center.
* Reduce temperature of stove top when placing second tortilla in pan to prevent an over-heated pan = burnt food
* Cool frying pan before washing
1. Heat oil in a skillet over high heat. Add onion and garlic, cook for 2 minutes.
2. Add beef and cook, breaking it up as you go. Once it changes from pink to brown, add bell pepper and corn. Cook for 1 minute.
3. Add tomato paste, water and spice Mix. Cook for 2 minutes. Transfer to bowl, cool.
4. Place tortilla on work surface. Sprinkle one side with a bit of cheese, top with filling and top with cheese. Fold in half.
5. Preheat non-stick frying pan over medium low heat (no oil)
6. Place quesadilla in frying pan, press down lightly. Cook for 3 minutes until underside is golden brown and crispy.
7. Carefully flip over the folded edge. 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 before and after handling raw meat.
* Place a paper towel under the flipper that touches raw meat as it is cooked
* Cook until all pink is gone to ensure that all E-coli bacteria are destroyed
* Wash dishes with approx. 30mL of vinegar added to the hot soapy water
* Eat food within the first 1-2 hours of cooking or wrap and place in the fridge

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:

1. 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?
2. Protein provides energy (calories ) for the body. What happens to excess calories and protein that the body does not use in a day?
3. 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?