Recipe: **Black Bean & Corn Quesadilla** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: \_2 people\_\_\_ Oven temp: \_\_n/a\_ °F

**Ingredients:**

2 Flour tortillas

1/8 Red Onion, diced

1/6 Red Pepper, diced

1/6 Yellow Pepper, diced

1 Garlic clove, minced

60 mL Black Beans, Rinsed

60 mL Corn

10 mL Oil

2mL Cilantro, diced

80mL Cheese, grated

10 mL Margarine

**Instructions:**

1. In a frying pan, sauté onion, garlic, corn and peppers **in oil** on medium-low heat.
2. Remove sautéed vegetables and mix in small bowl with black beans, and cilantro.
3. Heat frying pan over medium heat. Place 5 mL margarine in pan to melt.
4. Place tortilla in pan. On **one half** of the tortilla: sprinkle ¼ of the cheese, half of the bean mixture, and then top with another ¼ of the cheese. Carefully fold the tortilla in half.
5. Cook quesadilla on medium low heat until light golden brown and half of the cheese is melted.

Saute:

method of cooking that uses a relatively small amount of oil or fat in a shallow pan over relatively high heat

1. Flip the tortilla carefully and cook until rest of the cheese is melted and quesadilla is light golden brown on both sides
2. Remove and let rest before cutting into wedges. Repeat with the second

**After the Lab Reflection**

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| --- | --- |
| What responsibilities did you take on in order to finish this lab? |  |
| How could you improve your participation with your group? |  |

Tray Equipment

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

Dish dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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

Person A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Person B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*What are Pulses?* Youtube - 1:45

[**https://www.youtube.com/watch?v=hov9krTP9No**](https://www.youtube.com/watch?v=hov9krTP9No)

1. What are pulses?
2. Name 2 foods made with pulses
3. Name 3 countries where pulses have been a staple food for many generations.
4. Why are pulses grown around the world by farmers?

Use Your Pulse Notes

1. Where are pulses grown in Canada?
2. How does sharing field space with pulses affect other crops?
3. Pulses belong to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food group because they are high in protein. These nutrient dense superfoods also provide the body with nutrients such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Why are pulses considered heart healthy?
2. Explain how pulses help promote food security for the world.