



# Easy Cheesy Quesadilla

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Cooking

These quesadillas (pronounced 'kay-sa-dee-ahs') can be filled with your favourite veggies and make a great snack. Serve with fruit of your choice on the side for a yummy lunch. Make sure to ask a grown up for help preparing vegetables and using the oven.

- ✓ Wash your hands well with soap and water before preparing food.
- ✓ Only use cooker and knives under the supervision of an adult.

## Ingredients:

- 1 wholewheat tortilla wrap per person
- Grated low fat cheese
- Veggies of your choice (e.g. sliced bell peppers, tinned sweetcorn, finely chopped onion, sliced mushrooms)

## You will need:

- Oven
- Baking tray
- Greaseproof paper
- Scissors
- Oven gloves
- Tongs, spatula or lifter



## Preheat the oven to 180°C (Gas mark 4)

1. Cut a length of greaseproof paper and place on the baking tray.
2. Place the tortilla wrap flat on the baking tray on top of the paper.
3. Sprinkle grated cheese on the tortilla.
4. Arrange veggies across one half of the tortilla.
5. With the help of an adult, place the baking tray in the oven and cook for 5 minutes.
6. When the cheese has melted, carefully remove the tray from the oven using oven gloves.
7. Use the tongs, spatula or lifter to fold the tortilla in half to create a semi-circle.
8. Cut the quesadilla in half and serve with a side of fruit or carrot sticks.



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