



## Stride Kids in the Kitchen

### Week 3: La Quesadilla Del Jardin

“The Garden Quesadilla” shows you how to take a kid favorite with little nutritional value and load it up with quick-cooking seasonal veggies to help your whole family thrive. We do all that while helping your “little chef” build cooking skills that will serve them for a lifetime.

**Recipe:** Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado and Lentils

**Focused Chef Skills:** Poach, Slice, Shred, Grill, Toast

#### **Ingredient / Shopping List**

*Produce:*

- 1 large zucchini
- 1 large yellow squash
- 1 red bell pepper
- 4 oz baby spinach
- 2 avocados

*Dry:*

- 8, 12-inch tortillas of your choice (corn, flour, or alternative wrap)
- 1 cup red lentils
- Avocado oil

*Dairy:*

- Cheddar Cheese, 8 oz block

#### **Equipment List**

*To help you keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready and within reach before class begins.*

- 1 Cutting board
- 1 Chef knife
- 2 Medium mixing bowls
- 1 Sanitizer towel with sanitizer solution (1 Tablespoon bleach mixed with 1-quart water)
- Tasting spoons
- Measuring cups and spoons
- Grill or Grill Plate
- Tongs
- Large sauté pan
- Small saucepan
- Spatula
- Potato masher

## **Advanced Prep List**

Please have the following items prepared before class begins.

- Wash all produce items.

## **RECIPE**

### **Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado and Lentils**

Makes 8

Ingredients:

8 Tortillas (corn, flour, or alternative wrap)  
1 cup Red Lentils, cooked and mashed with a potato masher  
1 Zucchini, ¼ inch slices  
1 Red Bell Pepper, trimmed  
1 Yellow Squash, ¼ inch slices  
2 Tablespoons Avocado Oil  
4-ounce Baby Spinach  
2 Avocados  
1 cup Cheddar Cheese, shredded  
Avocado Oil

Instructions:

Preheat a grill to 400 degrees.

Toss the zucchini, red bell pepper, yellow squash, avocado and a pinch of salt in a large mixing bowl. Place the vegetables on the grill and cook until both sides are browned. They should be cooked through but not mushy.

Lay the 8 tortillas out single layer on a cutting board. Spread 2 Tablespoons of the red lentil mash over ½ of the tortilla. Layer the grilled zucchini, bell pepper, yellow squash, and baby spinach on top of the lentils. Top with a few slices of the avocado and 2 Tablespoons Cheese. Fold the empty half of the tortilla over the filled half and press lightly.

Heat 1 Tablespoon avocado oil in a sauté pan over a medium flame. Gently lay the folded quesadilla in the heated sauté pan and cook until slightly browned. Flip the quesadilla and continue cooking until both sides are browned. Remove the cooked quesadilla from the pan and place it on a cutting board. Cut each quesadilla into four wedges and serve.

\*\*Add Scrambled eggs to the quesadilla for a unique breakfast option. Try this Stride in the Kitchen [Breakfast Tacos](#) recipe

*Resource Takeaways:*

Use leftover ingredients to create the following Stride in the Kitchen recipes:

- Stride in the Kitchen [Chicken Enchilada Casserole](#) recipe
- Stride in the Kitchen [Make-Ahead Breakfast Burritos](#) recipe
- UHG Stride Discount Feature: [Imperfect Foods](#) - 35% off first order
- Activity: [Imperfect Foods Mad Libs](#)

