

# Kids in the Kitchen



## EASY CHEESY QUESADILLA

### INGREDIENTS

- 1 large flour tortilla
- ½–¾ cup shredded cheese (cheddar, Monterey Jack, Colby Jack, or a blend)
- 1 tablespoon butter (or oil)

#### Optional add-ins (use what you like):

- Cooked chicken (rotisserie works great)
- Black beans or refried beans
- Avocado slices or guacamole
- Salsa
- Jalapenos
- Cooked Vegetables

### DIRECTIONS

1. Heat a skillet over medium heat.
2. Melt ½ tablespoon butter in the pan.
3. Lay the tortilla flat in the skillet.
4. Sprinkle cheese over half of the tortilla. Add any extras if using.
5. Fold the tortilla in half and press gently with a spatula.
6. Cook 2–3 minutes per side, until golden and the cheese is fully melted.
7. Remove from pan, cut into triangles, and serve warm.

### CF-FRIENDLY BOOSTS

- Use extra cheese (no such thing as too much here)
- Spread a thin layer of cream cheese or refried beans inside before adding shredded cheese
- Serve with sour cream or guac on the side

