



## CHEESE QUESADILLA

*After-School snack: this dish provides a portion of starchy food and a portion of dairy. If serving this dish as part of the lunch menu, it would count towards the food-based standard for lunch to provide a portion of starchy food and a portion of meat, fish, eggs, beans and other non-dairy sources of protein.*

*Recipe adapted from: Children's Food Trust Recipe for Success series – After school club recipes and tips*

### Ingredients

2x large (100g or 3x regular (62g) flour tortillas (secondary serving use large approximately 100g each. Primary serving use regular approximately 62g each.

80g low-fat, mature Cheddar cheese, grated

50g mix of any of the following, chopped: mushrooms, spring onions, olives, fresh tomatoes, cooked chicken pieces, avocado

### Method

1. Heat a large frying pan to medium heat.
2. Lay a tortilla on a plate and spread with the child's choice of filling, top with the grated cheese then the second tortilla, press down firmly.
3. Slide the quesadilla off the plate into the hot pan and turn down the heat.
4. Flip the tortilla over after 1.5 minutes. It may be easier to slide the tortilla onto a plate and then turn over. Cook for a further 1½ minutes.
5. Slide out onto a plate and cut into wedges.

**Serving suggestion:** with tomato and cucumber salad



#### Number of portions this recipe makes:

3 primary servings (105g)  
2 secondary servings (165g)



**Prep:** 10 minutes  
**Cook:** 10 minutes



#### Allergy information:

Milk, wheat (gluten)



### Top Tips

Encourage pupils to create their own quesadilla from a selection of seasonal vegetables.

#### Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose vegetable oil based on unsaturated fat, choose curry paste containing less than 5.0g/100g salt.