

Quesadilla (Keh-sa-deaha)

Prep time: 10 minutes Cooking time: 3 minutes



Ingredients

1 tortilla wrap (per adult)

Handful grated cheddar cheese

Salad vegetables, chopped - tomatoes, cucumber, spring onion, carrot, lettuce

Filling - chicken, turkey, ham, canned fish, hard boiled eggs, baked beans



Method.

- Put tortilla in a hot frying pan (no oil required). Fill one half of the tortilla wrap in layers as follows - a sprinkling of cheese, layer of salad vegetables, filling of your choice and another layer of cheese
- Fold the unfilled half over the top of the filling and cook on each side for 1 minute or until cheese has melted and filling is warmed
- Cut each quesadilla in half or thirds and serve alone as a snack or see sides and delights section for accompaniment ideas



Arriba!!
A super quick Mexican snack -
something different to
try with a wrap