Vegetable Quesadilla with Fresh Tomato Salsa  
(Yields 4 quesadillas or 16 wedges to serve 4)

Quesadillas:

1. Green bell pepper, cored, seeded and cut into thin strips  
2. Yellow or orange bell pepper, cored, seeded, and cut into thin strips  
3. Red bell pepper, cored, seeded, and cut into thin strips  
4. Onion sliced into strips  
5. 1 Tbsp Vegetable oil  
6. 8 Flour tortillas, 8 inch  
7. 2 cup Cheddar cheese, grated

Tomato Salsa:

1. 3 Whole Roma tomatoes, cored and chopped  
2. 1/4 Onion, minced  
3. 2 cloves Garlic, minced finely  
4. 1/2 Serrano chili, cored, seeded and minced finely  
5. 1/2 C. Cilantro, roughly chopped  
6. 1 Lime, juiced  
7. 1 tsp Salt

1. Prepare salsa by combining the chopped fresh vegetables in a medium bowl.  
2. Adjust spice level by using more or less chili peppers.  
3. Set aside.  
4. Preheat sauté pan or griddle to medium heat.  
5. Add oil to the pan and sauté peppers and onions until tender or about 5 minutes.  
6. Remove from heat and cool. Clean pan.  
7. Combine 1/2 C. salsa with cheese and sautéed vegetables.  
8. Lay out 4 tortillas and divide filling evenly among them.  
9. Top each with second tortilla and press together.  
10. Reheat clean pan on medium heat until hot.  
11. Place a prepared quesadilla onto hot surface to cook 5 minutes on each side or until golden and melted.  
12. Cool slightly and cut into wedges to serve with remaining salsa.
Talking Points for Vegetable Quesadilla

- Identify each vegetable, color. Count how many vegetables they are tasting.
- What can you taste when you eat the vegetables? (Sweetness, tanginess/sour, slight bitterness)
- Why are vegetables sweet? (Because they also contain natural sugar, and sugar gives you energy.)
- Note how fast the vegetables cook. Vegetables do not need to cook for too long, otherwise you will destroy the nutrients in them.
- What are nutrients? (All the things in the vegetables and fruits that are nutritious – sugar, vitamins, minerals, starch)
- Which three food groups are you eating (Vegetables, dairy, and grain if you use corn or whole grain tortillas).
- Note the color of the tortillas and the meat (brown), and how the vegetables make the meal colorful.