

Entrée

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Cheesy Quesadilla

Helpful Hints

Never tried fresh spinach?
Look for it near the lettuce.

It's okay to add green
veggies to foods. Eating
green might taste better
than you think.

Sometimes it's okay to
play with food. Let your
child—with clean hands—
tear spinach leaves into
pieces.

Cheesy Quesadilla

Serves 1

Ingredients

Cooking spray
1 tortilla, large
½ cup cheese, shredded
6 baby spinach leaves,
chopped
1 tablespoon salsa

Directions

1. Spray a skillet with cooking spray and heat on medium heat.
2. Place tortilla in skillet.
3. Sprinkle cheese and spinach on half of tortilla.
4. Spoon salsa on top of spinach and cheese.
5. Fold tortilla in half.
6. Cook 2 minutes on each side.
7. Cut into 4 wedges.