



## KIDS IN THE KITCHEN

# Session Three

## La Quesadilla del Jardin

**Classes featured:** La Quesadilla del Jardin

“The Garden Quesadilla” shows you how to take a kids’ favorite with little nutritional value and load it up with quick-cooking, seasonal veggies to help your whole family thrive. We do all that while helping your “little chef” build cooking skills that will serve them for a lifetime.

### **MENU:**

Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado, and Lentils

### **FOCUSED SKILLS:**

- Poach
- Slice
- Shred
- Grill
- Toast

### **CHEF’S FAVORITES:**

- Organic Dry Red Lentils
- Organic Coconut Wraps: Turmeric

# Before you start: Session Three

## EQUIPMENT LIST

To help keep pace with the chef and other students, we recommend that you have all the equipment from the following list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 3 medium mixing bowls
- Measuring cups and spoons
- Tasting spoons
- 1 sanitizer towel with sanitizer solution  
(1 Tbsp of bleach mixed with 4 cups of water)
- Grill or grill plate
- Tongs
- Large sauté pan
- Small saucepan
- Spatula
- Potato masher

## ADVANCED PREP LIST

Please complete the following items before class begins.

- Wash all produce items.

## SHOPPING LIST

Produce	Dry	Dairy
1 large zucchini	8 tortillas of your choice	8 oz block cheddar cheese
1 large yellow squash	1 cup red lentils	
1 red bell pepper	Avocado oil	
4 oz baby spinach		
2 avocados		

# Cheesy Quesadillas with Grilled Zucchini, Bell Pepper, Avocado, and Lentils

## YIELD: 8 SERVINGS

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese with dairy-free alternative

To make it low-FODMAP, avocado may be tolerated in small amounts

## INGREDIENTS

8 tortillas (corn, flour, or alternative wrap)

1 cup red lentils, boiled until soft and mashed with a potato masher

1 zucchini, trimmed and diced

1 red bell pepper, trimmed and diced

1 yellow squash, trimmed and diced

1 Tbsp avocado oil

4 oz baby spinach

2 avocados

1 cup cheddar cheese, shredded

## DIRECTIONS

1. Preheat a grill to 400°F.
2. Toss the zucchini, red bell pepper, yellow squash, avocado, and a pinch of salt in a large mixing bowl.
3. Place the vegetables on the grill. Cook until both sides are browned. They should be cooked through but not mushy.
4. Lay the eight tortillas out single layer on a cutting board.
5. Spread the red lentil mash (2Tbsp) over half of the tortilla.
6. Layer the grilled zucchini, bell pepper, yellow squash, and baby spinach on top of the lentils.
7. Top with a few slices of the avocado and cheese (2 Tbsp).
8. Fold the empty half of the tortilla over the filled half. Press lightly.
9. Heat avocado oil (1 Tbsp) in a sauté pan over a medium flame.
10. Gently lay the folded quesadilla in the heated sauté pan. Cook until slightly browned. Flip the quesadilla. Continue cooking until both sides are browned.
11. Remove the cooked quesadilla from the pan. Place it on a cutting board. Cut each quesadilla into four wedges to serve.

**Chef tip:** Add scrambled eggs to the quesadilla for a unique breakfast option.