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Eat Smart 5th Grade Week 6 Colorful 4-Square Quesadillas (English & Español)

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Eat Smart



Week 6

Colorful 4-Square Quesadillas

Ingredients

- 4 whole grain tortillas
- 1 cup low-fat shredded cheese
- 2 cups chopped vegetables



Options: Circle all that you use

bell pepper beans tomato spinach cilantro
 zucchini jalapeño green chile black olive avocado
 green onion other _____




















*If you do not have these ingredients, use ingredients you have available.

Directions

serves 4

- 1 Sprinkle cheese on 2 tortillas.
- 2 Add your choice of veggies.
- 3 Cover with the other tortillas and heat in pan for 1–2 minutes on each side or until golden brown.
- 4 Remove from heat. Let cool. Enjoy.

I helped my child make this recipe: _____ Parent/Adult Signature

Monday	Tuesday	Wednesday	Thursday
  	  	  	 
 	 	 	 



Eat Smart



Semana 6

Quesadillas Coloridas 4-Square

Ingredientes

- 4 tortillas integrales
- 1 taza de queso rallado bajo en grasa
- 2 tazas de vegetales picados



Opciones: Encierre todo lo que usa

pimiento frijoles tomate espinaca cilantro
 aguacate calabacitas chile verde aceituna negra
 jalapeño cebolla verde otro _____

*Si no tiene estos ingredientes use lo que tenga.









Instrucciones

rende para 4

- 1 Rocíe queso en 2 tortillas.
- 2 Ponga sus opciones de vegetales encima del queso.
- 3 Ponga otras 2 tortillas encima y cocine las quesadillas en un sartén por 1–2 minutos en cada lado, o hasta que se vea de color café dorado.
- 4 Saque las quesadillas del sartén. Deje enfriar. Disfruten.

Le ayudé a mi hijo con esta receta: _____

firma del padre/adulto

Lunes	Martes	Miércoles	Jueves
 1 TAZA 1 TAZA ½ TAZA  1 TAZA ½ TAZA	 1 TAZA 1 TAZA ½ TAZA  1 TAZA ½ TAZA	 1 TAZA 1 TAZA ½ TAZA  1 TAZA ½ TAZA	 1 TAZA 1 TAZA  1 TAZA ½ TAZA