

C. Spinach Quesadillas



Prep time: 10 minutes
Cook time: 5 minutes
Serves: 4
Serving size: 1

Utensils needed

- Colander
- Knife
- Cutting board
- Skillet/hot plate or electric skillet
- Spatula
- Measuring spoons
- Measuring cups
- Paper towel
- Plate

Nutrition Facts	
Serving Size 1 Quesadilla	
Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 700mg	29%
Total Carbohydrate 45g	15%
Dietary Fiber 9g	36%
Sugars 2g	
Protein 18g	
Vitamin A 330% • Vitamin C 80%	
Calcium 60% • Iron 35%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

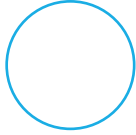
Ingredients

- 1 1/2 pounds of fresh spinach
- 1 tablespoon of water
- 8 six-inch whole-wheat tortillas
- 1/4 cup of prepared salsa, drained
- 1 cup of shredded reduced-fat Monterey jack cheese

Directions

1. Wash your hands and clean your cooking area.
2. Place the spinach in a colander in the sink and run water over the greens. Drain them and pat them dry.
3. Chop the washed spinach.
4. Add 1 tablespoon of water to a skillet and sauté the fresh spinach quickly over medium heat until it is soft. Allow the spinach to cool and then press it lightly with a paper towel to remove the extra liquid.
5. Place 4 tortillas on a work surface. Spread 1/8 cup of cheese on each tortilla. Then top the cheese with 1 tablespoon of salsa, followed by 1/4 cup of cooked spinach.
6. Add another 1/8 cup of cheese on top of the spinach on each tortilla. Top with the remaining tortillas and press them firmly.
7. Cook each quesadilla in the skillet over medium heat until the cheese melts and the tortillas are crispy and golden brown. This will take about 4 minutes for each side. Use a spatula to turn the quesadillas.
8. Transfer the quesadillas to a plate. Cut each quesadilla into quarters before serving.

Kitchen math and science

1. What vitamin does spinach have a lot of? _____
2. Draw lines to cut this quesadilla into fourths: 
3. How many pieces of the quesadilla above would you and one other family member have if you were splitting it evenly? _____
4. If you have two 1/4 sections of a quesadilla, what fraction of a whole tortilla does this represent? _____
5. How many grams (g) of protein are in 1 quesadilla? _____
(Use the nutrition label to find this information.)

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How the children can help: Wash the produce; measure the ingredients; spread the cheese, salsa, and spinach on the tortilla; and place another tortilla on top