C. Spinach Quesadillas

**Ingredients**

- ⅓ pounds of fresh spinach
- 1 tablespoon of water
- 8 six-inch whole-wheat tortillas
- ¼ 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 ⅛ cup of cheese on each tortilla. Then top the cheese with 1 tablespoon of salsa, followed by ¼ cup of cooked spinach.
6. Add another ⅛ 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.

**Nutrition Facts**

**Serving Size 1 Quesadilla**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>300</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
</tr>
<tr>
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</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
</tr>
<tr>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<td>2g</td>
</tr>
<tr>
<td>Protein</td>
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</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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**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 ¼ 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.