

Quesadilla Surprise

In Spanish, quesadilla means 'little cheese bite.' In this recipe cheese is melted with fresh pear in a flour tortilla.



Ingredients

2	large tortillas, preferably whole wheat	2
1	pear, washed and cored	1
125 mL	cheddar or mozzarella cheese, grated	½ cup
1 mL	butter	¼ tsp
	cinnamon sugar	

Yield:

4 to 8 servings

Preparation Time:

10 minutes

Cooking Time:

6-8 minutes

Directions

Preheat the oven to 375°F. Prepare the pear. Cut in thin wedges. Place the tortillas on a baking sheet.

Lay 1/2 of the pear pieces on the bottom half of each tortilla. Sprinkle the pears with cinnamon sugar. Sprinkle the grated cheese on top of the pears.

Fold over the top of the tortilla to form a half circle. Press down gently. Spread the top lightly with butter and sprinkle with cinnamon sugar.

Bake 6 to 8 minutes until the cheese is melted and the tortilla is crisp. Cut in half for a hungry bite or into four strips for a snack. May be eaten hot or cold.

Equipment:

1 baking sheet, cutting board, medium knife, grater, dinner knife, clean hands

Nutrition information:

Not Available

Suggestions

Try this: Other fruits such as apple, bananas or pineapple taste great in quesadillas. Pat canned fruit dry with a paper towel before placing it in the tortilla.

Source: *The Cooking Club Manual, 2000. Reprinted with permission from Toronto Public Health.*



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905-668-2020 or 1-800-841-2729
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