

Cheese Quesadilla and Guacamole

Ingredients for Cheese Quesadillas:

flour tortillas
shredded cheese, any variety you like
cooking spray

Directions:

- Heat a frying pan to a medium high heat and lightly spray with cooking spray, being careful not to spray near an open flame
- Place one flour tortilla in the pan and let it stay a few minutes until lightly brown, the tortilla may form air pockets which is normal
- Once the tortilla is light brown flip over to the other side
- Put about ½ cup of shredded cheese on half of the tortilla being careful not to get any on the sides of the pan
- Using a rubber turner, fold over the side of the tortilla without cheese on top of the side with cheese
- Wait until cheese has melted, being careful not to burn the tortilla
- When done, remove from pan to a plate and cut into wedges

Variations:

- Can be served with guacamole, salsa, sour cream
- You can also add chicken, other meats and vegetables when cooking

Ingredients for a Simple Guacamole:

1 ripe avocado, the teacher will explain to you how to tell if avocado is ripe
¼ of salsa, you can add more if you want
1 tablespoon lemon juice (optional)

Directions:

- Cut avocado in half lengthwise
- Gently twist two halves to separate
- Use a spoon to take out the pit, which can be used for garnish or thrown away
- Use a spoon to scoop out the flesh of the avocado and place in a small bowl
- Use a fork to mash the avocado into smaller pieces, you can make it as smooth or chunky as you like
- Add the ¼ cup of salsa and mix together
- If you are not eating the dip right away, you will want to add the lemon juice and mix in then cover with plastic wrap and store in refrigerator

Variations:

- Different salsas and seasonings can be used
- You can also add fresh herbs, like cilantro, or fresh onions or tomatoes