

# Let's make! Apple cheddar quesadillas

Food Flair recipes are a unique way to explore new and healthy foods with your toddler or preschooler. Learning to cook helps children take pride in what they make and encourages them to try new foods. These activities help families reconnect food and fun, so enjoy the experience of preparing food together!

## Recipe for Apple cheddar quesadillas

### What you need:

1 or 2	Apples	
6	10-inch (25 cm) whole wheat tortillas	
1½ cups	Shredded cheddar cheese	375 mL
2 tbsp.	Non-hydrogenated margarine	30 mL

### How to:

1. Grate the cheese.
2. Thinly slice the apples into 24 slices that are about ¼-inch (0.5 cm) thick.
3. Sprinkle two tablespoons of cheese over one half of a tortilla.
4. Place four apple slices on top of the cheese to fill half the tortilla.
5. Then sprinkle two more tablespoons of cheese on top of the apples.
6. Fold the tortilla.
7. Heat one teaspoon of margarine in a large skillet over medium-high heat.
8. Cook the quesadilla until the cheese melts and the tortilla is golden brown on both sides (about two minutes per side).
9. Repeat with the other five tortillas.

You will need the foods listed in the recipe, as well as a large skillet, a cheese grater, some serving plates, and a lifter to move the tortillas onto plates after they are cooked.

This recipe is good for learning about how some foods change when they are heated.



## Hints for success

- ❖ Toddlers can sprinkle the tortillas with cheese and put on some apple slices.
- ❖ Younger preschoolers can help fold the tortillas.
- ❖ Older preschoolers can help grate the cheese with a child-safe grater.
- ❖ Let your child taste an apple slice with a slice of cheese while you are cooking the tortillas.
- ❖ Watch what happens when you put the tortillas into the hot skillet, and talk about what you see.

# More ideas for Apple cheddar quesadillas

## Try this way

- ❖ Add natural, unsweetened peanut butter to the apple and cheese quesadilla for a new flavour.
- ❖ Try other quesadilla combinations like chicken and cheese or natural peanut butter and sliced banana.
- ❖ Explain to your child that a quesadilla (kaysah-DEE-yah) is a dish from Mexico. Queso is Spanish for cheese, and quesadilla means cheesy little thing.
- ❖ Talk about other vegetables and fruit that you could put into quesadillas with cheese, e.g. pear slices, thin slices of green bell pepper or tomatoes, etc.



I love to eat apples  
and cheese together.  
Do you?

Look what happens  
when the cheese  
starts to melt!

## Ways to say it

## Activity link

Use this recipe card with other Food Flair activity cards:

- All About Apples
- Sandwiches

## Book link

Ten Apples Up on Top! by Dr. Seuss

## Safety tips

- If this is the first time you are introducing peanuts, and especially if there is a family history of allergies, watch your child for signs of allergy - such as vomiting, hives, swelling, itchy lips or throat, or a hard time breathing.
- If your child is having a hard time breathing, call 911 right away. For more information on allergies, call HealthLink BC (811) or visit [www.anaphylaxis.org/content/whatis/qa.asp](http://www.anaphylaxis.org/content/whatis/qa.asp).
- Help children wash their hands before cooking or eating.
- Refrigerate or discard leftovers right away to prevent spoiling.