

Double Corn Quesadilla

A quesadilla is like a grilled cheese sandwich, but instead of bread, you use tortillas. It's a perfect after-school snack, quick lunch, or dinner when you serve it with a salad. You can make it more filling by adding your favorite beans or fresh vegetables.



KITCHEN GEAR

- Skillet
- Plate
- Spatula
- Measuring Cups
- Measuring Spoons

INGREDIENTS

- 4 6-inch corn tortillas
- 1/2 cup shredded cheddar, Monterey Jack, or Mexican-blend cheese
- 1/2 cup corn kernels, fresh, or frozen and thawed, or canned and drained
- 2 teaspoons vegetable oil
- Salsa, hot sauce, and/or plain yogurt for serving

INSTRUCTIONS

1. Put one tortilla on the large plate and sprinkle 1/4 cup shredded cheese over it, then add 1/4 cup corn kernels. Top with a second tortilla.
2. Put the skillet on the stove and turn the heat to medium. When the skillet is hot, add 1 teaspoon oil.
3. Carefully add the filled tortilla to the hot skillet and cook until the bottom is lightly browned and the cheese is gooey, about 2 minutes. Using the spatula, turn the tortilla over and cook another 2 minutes. Move the cooked quesadilla to the serving plate.
4. Repeat with the remaining tortillas, cheese, corn, and oil. Serve right away.

OR ELSE

Feel free to use a flour tortilla! Then it will just be a Single-Corn Quesadilla.

GET CREATIVE

Add any or all of these (1/4 cup total) to each tortilla when you add the cheese and corn:

- Canned or cooked black beans
- Sliced or shredded cooked chicken
- Baby spinach or kale