



2021/2022 Fall Semester Week #5

CELEBREMOS Hispanic Heritage Month!!!
Why not party with a Quesadilla, movie marathon (Coco, The Book of Life, Ferdinand, El Dorado, Dora-The Lost Empire) or a tropical fruit smoothie (pineapple, mango & banana)?

EASY QUESADILLA

1 lb ground meat or "Beyond Beef"

1 jar of "Picante" salsa 1 tub of guac

1 can of refrito beans 4 flour tortillas

1 tub prepared mashed potatoes

1 bag of shredded taco cheese

1-on a skillet pour a bit of olive oil, ground meat (or Beyond Beef), Picante sauce and salt to taste. Cook until meat is browned.

2- On a tortilla layer in this order: refritos, mashed potatoes, guac, cooked ground meat & cheese. Top with another tortilla.

3-Bake at 350F until cheese melts.

Spotlight on...
Class with Sra. Smith!



ENJOY!



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