



JERSEY TASTES! RECIPES

Strawberry Quesadilla

INGREDIENTS

Recipe sized for Classroom Tasting
(32 students = 1 triangle per student)

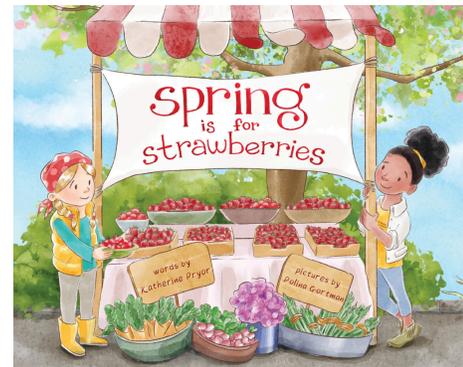
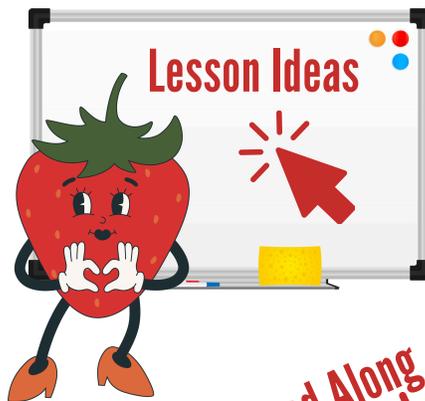
- 8 Whole Grain Tortilla (8in)
- 3lbs. of NJ Fresh Strawberries
- 16oz Jar of Peanut Butter/Sunbutter
- 8 Tbsp. of Local Honey

1 Serving (4 triangles) meets 3 of the required food components:
1oz. Grain, 1/2 Cup Fruit & 1 oz. Meat Alternative

DIRECTIONS

- 1 Slice strawberries and place aside.
Spread 2 tbsp. of peanut butter onto each tortilla
- 2 Place ½ cup of strawberry slices on half of the peanut butter covered tortilla
- 3 Fold tortilla in half and cut into 4 triangles
- 4 Serve with side of honey for dipping

Teacher Resources



RECIPES MADE IN COLLABORATION WITH:

