

Veggie Quesadillas

Ingredients



Remember: wonky or overripe ingredients are just as tasty — and using them up means less food waste!



**Wholegrain
tortilla wraps**



**A tin of sweetcorn
or fresh off
the cob**



Red peppers



Grated cheese



**A dollop
of sour cream**

Instructions



Did you know? Red peppers have more vitamin C than oranges — great for keeping colds away!

- 1.** Chop your red pepper into small pieces – ask a grown-up to help
- 2.** Scatter cheese, sweetcorn and pepper over one half of a tortilla, then fold it over into a half moon
- 3.** Put in a dry frying pan on medium heat and cook your quesadilla for 2–3 minutes each side until golden and melty
- 4.** Do the same with the rest — you can keep finished ones warm in a low oven
- 5.** Cut into wedges and serve with a dollop of soured cream for dipping!

