

|  |
| --- |
| **Broccoli and Garlic Quesadillas kidspot.com.au/recipes** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Makes** | 30 tastes for the classroom | **From the**  **garden:** | Broccoli, lemon |

|  |  |
| --- | --- |
| **Equipment** | **Ingredients** |

|  |  |
| --- | --- |
| * Measuring cups and spoons * Frying pan * 2x Cooks knives * Sandwhich Press * Spatula * Fork * Small bowl | * 6 tortillas * 2 tablespoon extra virgin olive oil * 4 cup broccoli * 3 teaspoon garlic * 1 ½ cup cheese * 1 ½ avocado * salt and pepper * 1 ½ tablespoons lemon juice |

|  |
| --- |
| **What to do** |

|  |
| --- |
| 1. Sauté broccoli, garlic and a tablespoon of olive oil in a pan for five minutes.. just until the broccoli becomes tender. 2. Mash the avocado, add some salt and a squeeze of lemon into a bowl and mix. Spread just enough of the mix on the bottom of the wraps. 3. Add some sautéd broccoli on top, some dill, some cheese and place another wrap on top.   4. Put into the sandwich press for a couple of minutes or until it turns a little brown.  5. Remove from the sandwich press and cut into six. |

|  |  |
| --- | --- |
| **Bottom Drawer** | *Did you know?* |