



## **Bodaciously Bueno Breakfast Quesadillas + Zesty Blender Salsa + Latin Crushed Limeade**

By Erin Fletter

**Prep Time 40 / Cook Time 10 / Serves 4 - 6**

### **Shopping List**

☐ FRESH

☐ 1 garlic clove

☐ 2 green onions

☐ few sprigs fresh cilantro, optional

☐ 3 to 4 limes

☐ DAIRY AND EGGS

☐ 6 oz quesadilla, muenster, or Monterey Jack cheese **\*\*(see allergy subs below)\*\***

☐ 2 T butter or vegetable oil for cooking eggs

☐ 3 eggs **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 1 1/8 tsp salt

☐ 1 pinch ground black pepper

☐ 1 14-oz can diced tomatoes

☐ 6 to 8 corn tortillas

☐ 2/3 C sugar

☐ 1/8 tsp ground cumin

☐ HAVE ON HAND

☐ 3 C cold water

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**mince:** to chop into teeny tiny pieces.

**shred:** to reduce food into small shreds or strips (similar to grate).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**strain:** to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

## Equipment

☐ Skillet

☐ Grater

☐ Mixing bowl

☐ Measuring spoons

☐ Whisk

☐ Can opener

☐ Heat-resistant spatula or pancake turner

☐ Kid-safe or kitchen knife

☐ Cutting board + kid-safe knife

☐ Blender (or food processor)

- ☐ Citrus juicer (optional)
- ☐ Blender
- ☐ Dry measuring cups
- ☐ Liquid measuring cup

## Ingredients

### Bodaciously Bueno Breakfast Quesadillas

- ☐ 6 oz quesadilla, muenster, or Monterey Jack cheese **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free cheese, like Daiya brand)\*\***
- ☐ 3 eggs **\*\*(for EGG ALLERGY sub 1 can black beans, drained and rinsed—more info below)\*\***
- ☐ 1/2 tsp salt
- ☐ 1 pinch ground black pepper
- ☐ 1/2 14-oz can diced tomatoes, drained
- ☐ 6 to 8 corn tortillas
- ☐ 2 T butter or vegetable oil for cooking eggs

### Zesty Blender Salsa

- ☐ 1 garlic clove
- ☐ 2 green onions
- ☐ few sprigs fresh cilantro (optional)
- ☐ 1 lime
- ☐ 1/2 14-oz can diced tomatoes
- ☐ 1/2 tsp salt
- ☐ 1 tsp sugar
- ☐ 1/8 tsp ground cumin

### Lovely Latin Crushed Limeade

- ☐ 2 to 3 limes
- ☐ 1/2 C sugar or honey
- ☐ 1/8 tsp salt
- ☐ 3 C cold water

# Food Allergen Substitutions

## Bodaciously Bueno Breakfast Quesadillas

**Dairy:** Substitute dairy-free/nut-free cheese, like Daiya brand. Use vegetable oil to cook eggs.

**Egg:** For 1 egg, substitute 1 can black beans, drained and rinsed. Warm beans with tomatoes in your skillet with butter or vegetable oil, then scoop them out and assemble quesadillas as recipe instructs.

## Zesty Blender Salsa

## Lovely Latin Crushed Limeade

## Instructions

### Bodaciously Bueno Breakfast Quesadillas

shred + crack + measure + whisk

Using a box grater, shred **6 ounces of cheese**. Crack **3 eggs** and add to a mixing bowl. Measure and add **1/2 teaspoon salt** and **1 pinch of black pepper** to the eggs. Whisk the eggs well!

drain + add + stir + scramble

Drain and add **1/2 can diced tomatoes** to the eggs. Stir to mix. Then add **2 tablespoons of butter or vegetable oil** to a skillet and turn up the heat to medium low. Once the butter is heated, add whisked eggs. Scramble over low heat until eggs are set. Scoop out eggs into a bowl and, if necessary, wipe out your skillet so you can use it to toast the quesadillas.

assemble + toast + enjoy!

Have **6 to 8 corn tortillas** ready. Assemble the quesadillas by adding a layer of the shredded cheese onto a corn tortilla. Then add the scrambled eggs. Top with a second layer of cheese and a second tortilla. Toast the quesadillas in your skillet until the cheese is melted and tortillas are warm. Flip and toast the other side. Remove from the skillet and cut in halves or quarters. Repeat with the other tortillas. Serve with a spoonful of Zesty Blender Salsa (see recipe), and enjoy!

## Zesty Blender Salsa

crush + peel + mince

Crush **1 garlic clove**, peel it, and mince finely. Mince **2 green onions** and add with the minced garlic to a blender or food processor. If using cilantro, mince the leaves from a few sprigs and add those, too.

slice + squeeze

Slice **1 lime** in half and squeeze the juice into your blender or food processor.

### scoop + measure + blend

Scoop **1/2 can diced tomatoes** and set aside for another recipe, like Bodaciously Bueno Breakfast Quesadillas (see recipe). Pour the remaining **1/2 can diced tomatoes** (including juice!) into your blender or food processor. Measure **1/2 teaspoon salt**, **1 teaspoon sugar**, and **1/8 teaspoon cumin** and add to the tomatoes. Blend until smooth! Use as a dip with tortilla chips or top Bodaciously Bueno Breakfast Quesadillas with your homemade blender salsa.

### Lovely Latin Crushed Limeade

#### wash + cut + squeeze + measure

Wash and cut **2 to 3 limes** into wedges, squeeze the juice into your blender, and add the lime wedges. Measure and add **1/2 cup sugar**, **1/8 teaspoon salt**, and **3 cups cold water**.

#### blend + strain + pour + enjoy!

Blend on high for about a minute to pulverize the limes, then strain the liquid into a pitcher, using a sieve, and discard the limes. Pour the juice into cups and enjoy!

## Featured Ingredient: Tortilla!

Hi! I'm Tortilla!

"Hola! I'm a corn tortilla and a staple of Latin American cuisine, going back thousands of years. Mexicans and Central and South Americans use me like people in other countries might use other types of bread. They sop up sauce and soup with tortillas, put meat, eggs, veggies, and fruit on me and in me, and I'm an essential part of many dishes."

### History & Etymology

A tortilla is a flat, round, unleavened bread made from corn or wheat flour. It is one of the oldest foods of Central and South America.

Mesoamericans began domesticating corn and other crops around 7,000 BCE. As a result, corn became a staple, and the people from Oaxaca in Mexico may have started making corn tortillas sometime from 1500 to 500 BCE. There is evidence of corn tortillas in Mesoamerica from 500 BCE. The starch in corn supplied the necessary energy for the people; corn of that day also contained protein and a little fat. Though corn was sometimes eaten raw on the cob, it was primarily stored dry and ground into cornmeal to make masa or corn dough.

The invention of masa, or corn dough, happened when the native people of Mexico discovered that soaking corn kernels in lime solution would loosen the kernel skins, which made masa possible. This process, called nixtamalization, also makes the corn easier to grind and stick together and improves the nutritional value and taste of the corn. In addition, it changes the structure of the proteins and carbohydrates of the corn and makes the ground grains stick together to form masa.

The original name of tortillas, "tlaxcalli," came from the Aztecs. Tortilla means "little cake" and comes from the Spanish word "torta," which means "round cake." Spanish conquerors in Mexico named tortillas.

### Traditional Method of Making & Cooking

The traditional way of making tortillas is to grind the soaked kernels into masa on a stone slab. The masa can be white, yellow, or any color the raw corn is, but more importantly, consistency is key. The ingredients are simple, but the tortillas will not be perfect if the water temperature is not just right or not the correct quantity. Once the masa consistency is ideal, place a golf-ball-size amount between wet hands and pat it into a flat thin pancake. This way of making tortillas is still followed by some people today.

After pressing the masa into thin pancakes, quickly fry them on a "comal" or griddle, typically without oil. As they cook, the tortillas will puff up in spots (these spots deflate once you remove the tortilla from the heat).

There are three colors of maize dough in Guatemala and Mexico for making tortillas: white, yellow, and blue (also called black) maize.

### How to Eat

Tortillas are best eaten warm and straight off the comal (griddle). If you don't have access to fresh tortillas, warm them before eating, either in the microwave, oven, or stovetop. Besides quesadillas, tortillas are used for making tacos, enchiladas, chilaquiles, huevos rancheros, sopapillas, and chips, of course!

### Nutrition

Corn tortillas contain an impressive amount of fiber, which is necessary to keep our digestive tracts in good shape.

Corn tortillas also have phosphorus. Our bones require phosphorus to regenerate, and so do our red blood cells. Phosphorus helps to keep our blood at just the right pH level.

Corn tortillas are also a good source of magnesium, which supports muscle and nerve function. It also contributes to bone and heart health.