

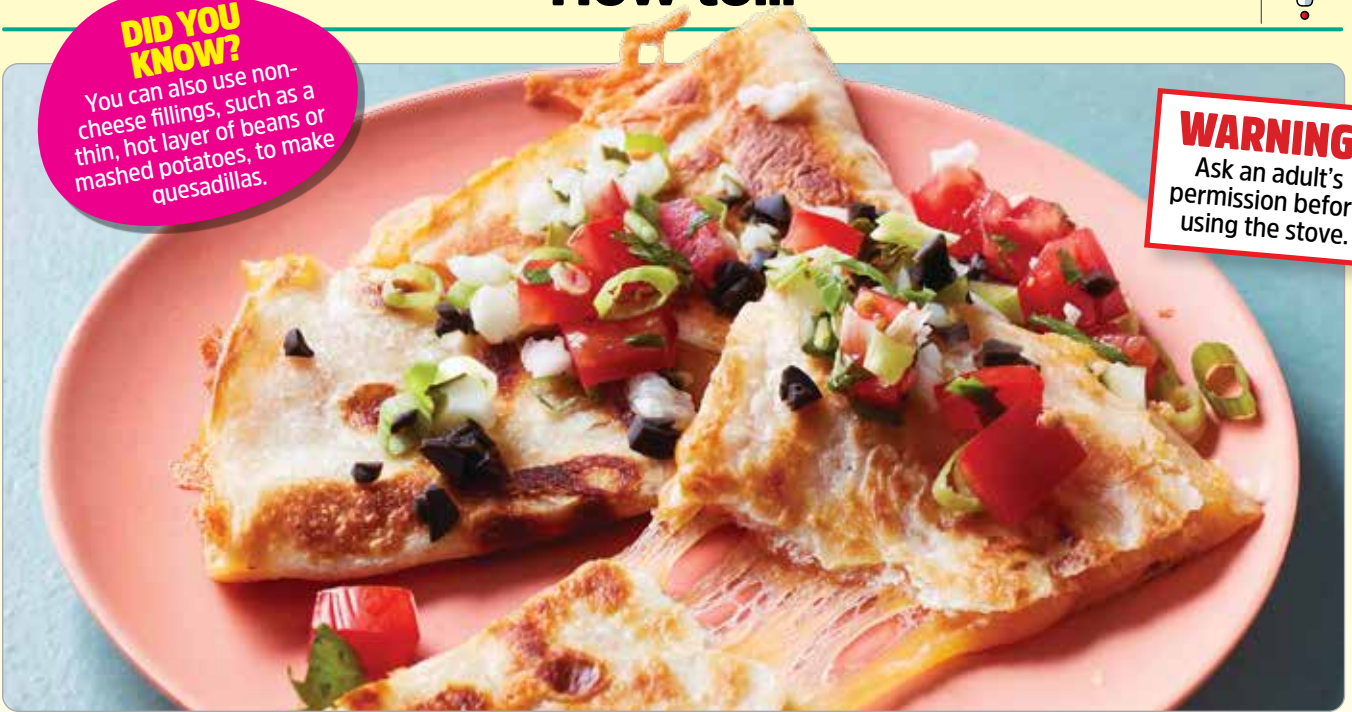


DID YOU KNOW?

You can also use non-cheese fillings, such as a thin, hot layer of beans or mashed potatoes, to make quesadillas.

WARNING!

Ask an adult's permission before using the stove.



Cook up extra-crispy cheese quesadillas

Ingredients

- 4 (8-inch) flour tortillas
- 1 cup grated melting cheese (like cheddar or Jack)
- 4 teaspoons vegetable oil
- Optional: chopped scallions, chopped black or green olives, red chile flakes or chili powder, salsa, guacamole, sour cream, or hot sauce



Instructions

1. Spread the tortillas on a clean, flat work surface and scatter the cheese evenly on top of each. Leave room at the edges so the cheese has room to melt and spread. Optional: You can top quesadillas with a fistful of chopped scallion, chopped black or green olives, or a sprinkle of red chile flakes or chili powder.
2. Add 1 teaspoon of the oil to a nonstick skillet over medium heat. When it's hot and shimmering, use a spatula to move one of the tortillas to the pan. Cook, watching for the cheese to melt and the tortilla to look golden, 2 to 3 minutes (use the spatula to lift the corner and peek). Adjust the heat so it's sizzling without burning.
3. Slip the spatula under one side of the tortilla and fold it in half. Let the quesadilla cook until the bottom half is brown and crisp, about 1 minute. Then use the spatula to flip over the tortilla and brown the other side the same way. When the quesadilla is done, move it to a cutting board, then repeat the recipe until you've used all the oil and tortillas.
4. While the other tortillas are cooking, cut the finished quesadilla into wedges, put them on a plate, and get the optional toppings (such as salsa, guacamole, sour cream, or hot sauce) ready so you can start eating. Serves 2 to 4.



LIFE HACK TRY EATING NEW CUISINES

When it comes to food, people often prefer the tastes and textures they have had before. But there are benefits to trying new cuisines. Eating new foods can help you discover more foods to enjoy. Food is also a way to explore and appreciate the traditions from different cultures. For example, in a Moroccan restaurant, chicken may be enjoyed with everyone gathered around a tagine (a cone-shaped cooking pot), using bread to scoop up the meal by hand. In a Japanese restaurant, slurping while eating noodles is a sign of appreciation for the chef. You can also make new recipes at home. Remember that it can take several tries before you decide you like it.



Traditional Moroccan dishes