

Bodaciously Bueno Breakfast Quesadillas + Zesty Blender Salsa + Lovely Latin Crushed Limeade



zesty blender salsa

crush+peel+mince

Crush **one clove of garlic** and peel it. Mince it 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 that, too.

slice+squeeze

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

scoop+measure+blend

Scoop **½ can of diced tomatoes** and set aside for quesadillas. Pour the remaining ½ can of tomatoes (including juice!) into your blender/food processor. Measure **½ tsp salt**, **1 tsp sugar**, and **⅛ tsp cumin** and add to the tomatoes. Blend until smooth!

::recipe continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2018 Sticky Fingers Cooking



bodaciously bueno breakfast quesadillas

shred+crack+measure+whisk

Using a box grater, shred **6 oz quesadilla, muenster, or Monterey Jack cheese**. Crack **3 eggs** and add to a mixing bowl. Measure and add **½ tsp salt** and a **pinch of ground black pepper** to the eggs. Whisk the eggs well!

add+stir+scramble

Add **½ can diced tomatoes** to the eggs. Stir to mix. Then add **2 T butter or oil** to a skillet and turn up heat to medium-low. Once butter/oil 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!

Assemble the quesadillas by adding a layer of shredded cheese onto a **corn tortilla**. Then add scrambled eggs. Top with a second layer of cheese and a second tortilla. Toast the quesadillas in your skillet until cheese is melted and tortillas are warm. Flip and toast the other side. Remove from skillet and cut in halves or quarters. Serve with a spoonful of Zesty Blender Salsa and Enjoy!

::recipes continued::



Family Fun Recipes



Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2018 Sticky Fingers Cooking



lovely latin crushed limeade

wash+slice+squeeze+measure

Wash and slice **2-3 limes**, then squeeze the juice into your blender. Measure and add **½ C sugar/honey**, a **pinch of salt**, and **3 C water**.

blend+strain+pour+enjoy!

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

::continued::



THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2018 Sticky Fingers Cooking

shopping list

Bodaciously Bueno Breakfast Quesadillas

- 6 - 8 corn tortillas
- 3 eggs
- ½ 14-oz can diced tomatoes
- 6 oz quesadilla, muenster, or Monterey Jack cheese
- ½ tsp salt
- Pinch ground black pepper
- 2 T butter or olive oil

Zesty Blender Salsa

- ½ 14-oz can diced tomatoes
- 1 clove garlic
- 2 green onions
- 1 lime
- ½ tsp salt
- ⅛ tsp ground cumin
- Optional: few sprigs fresh cilantro

Lovely Latin Crushed Limeade

- 2 - 3 limes
- ½ cup sugar/honey
- Pinch salt
- 3 cups water

::continued::

Family Fun Recipes

Sticky Fingers  **Cooking**
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2018 Sticky Fingers Cooking

History of Tortillas!

The original name of tortillas is *tlaxcalli*, named by the Aztecs. *Tortilla* means “little cake” and comes from the Spanish word *Torta*, which means “round cake.” Tortillas were named by Spanish conquerors in Mexico.

Tortillas are one of the oldest foods of Central and South America. Tortillas date back as far as 10,000 BC and were originally made from corn, which was a staple of the diet back then. The starch in corn supplied the necessary energy for the people; corn of that day also contained protein and a little bit of fat. Though corn was sometimes eaten raw on the cob, it was eventually mostly stored dry and ground into cornmeal to be made into masa, or corn dough.

Recipe Nutrition!

Corn tortillas contain phosphorus. Our bones require phosphorus to regenerate, and so do our red blood cells. Phosphorus also helps to keep our blood at just the right pH level. Our blood can't be too acidic or too basic. It has to be just the right pH.

Canned and cooked tomatoes are a fabulous source of lycopene! Lycopene is a substance that protects the fats in our cell membranes. Cells wear a coat-like membrane that protects their precious inner contents and allows nutrients to enter selectively. The cell depends on these fats to keep their membranes in top form.

Eggs are a good source of protein and choline. Protein helps keep our muscles strong and choline is good for the brain!

Fun Facts about Quesadillas!

- ★ Quesadillas are a blend of Old and New World Food. They were developed when Spanish settlers arrived in Mexico in the 1500s.
- ★ **TURNOVERS** were popular in Spain during that time, and they brought this concept to Mexico after being introduced to the tortilla. “Tortilla” means “little cake” and was named as such by the Spaniards. Aztecs called tortillas *tlaxcalli* before then.

Time for a laugh!

Did you hear the new song about the tortilla? Actually, it was more of a wrap.

Have you heard the joke about the tortilla? It was corny.

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2018 Sticky Fingers Cooking