

Let's cook! Plan, Shop, Pack List: Grilled Quesadilla with Vegetables

Ingredients

- Nonstick cooking spray
- 1 medium zucchini
- 1 head of broccoli (1 cup used in recipe)
- 1 green pepper
- 1 medium onion
- 1 carrot
- 16 (6 inch) flour tortillas
- 12 ounces cheese
- Salsa

Disposable Supplies

- Small paper plates
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

Prepare before class

- Wash the zucchini, broccoli, green pepper, onion, and carrot.
- Print copies of the recipe (1 for each participant).

Equipment

- 6 cutting mats
- 6 chef's/utility knives
- 1 vegetable peeler
- 1 grater
- 2 large bowls, 1 lid
- 2 medium bowls
- 1 large cooking spoon
- 2 sets of measuring cups
- 1 turner/spatula
- 1 dinner spoon
- Electric skillet
- Large paper plates (enough for 1 quesadilla per plate)
- 1 set of tongs
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
