



# Kids Can Make: A QUESADILLA BAR

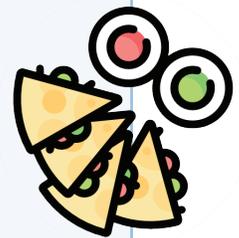
## Recipe

### INGREDIENTS

- 2 tablespoons olive oil
- 3/4 pound lean ground beef or turkey
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon granulated garlic
- Salt and freshly ground black pepper
- 2 tablespoons ketchup
- 1 1/4 cups brown rice (cooked and cooled)
- Cooking spray
- Four 8-inch whole-wheat flour tortillas
- 1 cup shredded part-skim mozzarella

### TOPPINGS

- 1/2 cup grape tomatoes, halved
- 1 red bell pepper, seeded and cut into thin strips
- Shredded romaine lettuce
- 1/2 cup nonfat Greek yogurt
- Salsa
- Lime wedges



## DIRECTIONS

- Preheat the oven to 400°F.
- Heat the olive oil in a large nonstick skillet over medium-high heat.
- Add the beef, breaking it up with a spoon, and cook until most of the liquid has evaporated, about 5 minutes.
- Stir in the cumin, chili powder, garlic, 1/2 teaspoon salt and a few grinds of pepper and cook for 3 minutes. Stir in the ketchup and cook, stirring regularly, until the beef is browned and completely cooked through, about 2 minutes.
- Stir in the rice and 1/4 cup water and cook until the rice is heated through, about 3 minutes.
- Spray a rimmed baking sheet with cooking spray. Lay the tortillas on the sheet.
- Divide the beef mixture among the tortillas and top evenly with the mozzarella. Bake until the mozzarella is melted and the tortilla is beginning to brown, 3 to 5 minutes.
- Transfer the quesadillas to individual plates and serve with toppings.