



EASY PIZZA QUESADILLAS

September 5

National Cheese Pizza Day

INGREDIENTS

- 4 Tortillas, Soft, Flour (about 8") (enriched or whole grain-rich)
- 1 Cup Pizza Sauce
- 2 Cups Shredded Mozzarella Cheese
- ½ Cup Grated Parmesan Cheese
- 4 Ounces Pepperoni Slices
- 1 Teaspoon Italian Seasoning
- 2 Tablespoon Butter

DIRECTIONS

- 1. Begin by preheating a large skillet over medium heat. While it heats up, gather your ingredients.
- 2. Spread a thin layer of pizza sauce over one half of each tortilla, ensuring to leave a small border. Next, sprinkle the sauced half with a generous amount of mozzarella and Parmesan cheese.
- 3. Distribute the pepperoni slices evenly over the cheese-covered half and sprinkle with Italian seasoning for that extra burst of flavor.
- 4. Fold the unsauced half of each tortilla over the toppings to create a half-moon shape. Melt $\frac{1}{2}$ tablespoon of butter in the hot skillet and place a quesadilla in the skillet. Cook for 2-3 minutes until golden brown on the bottom, then carefully flip and cook the other side until the cheese is fully melted and the tortilla is crispy.
- 5. Transfer the cooked quesadillas to a cutting board and allow them to cool for a minute before slicing into 6 wedges with a pizza cutter.

MEAL PATTERN CONTRIBUTION

MEAL TYPE

YIELD

Meat/Meat Alternate

-\(\frac{1}{2}\)- Lunch/Supper

12 Wedges



PORTION SIZES

Toddler	Preschool	School Age	Adult
3 Wedges	5 Wedges	6 Wedges	6 Wedges