

QUESADOGAS

July 19

National Hot Dog Day



INGREDIENTS

- 8 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)
- 1 Cup Shredded Cheddar
- 1 Cup Monterey Jack
- 1 Jalapeño (minced)
- 2 Green Onions (finely sliced)
- 1 Teaspoon Chili Powder
- 1 Cup Nacho Cheese (plus more for dipping)
- 4 Frankfurters (at least 2 ounces each; that do not contain meat or poultry byproducts, cereals, binders or extenders)
- 1 Tablespoon Vegetable Oil
- Sour Cream (optional, for drizzling)

DIRECTIONS

1. Top a tortilla with cheddar, Monterey Jack, jalapeño, green onion, and chili powder. Top with another tortilla.
2. Spread the top tortilla with some nacho sauce and set a hot dog at one end. Roll up the tortilla around the hot dog. Repeat with remaining ingredients.
3. In a large skillet over medium-high heat, heat vegetable oil. Add quesadogas and cook until golden and crispy all over, about 3 minutes per side.
4. Drizzle with sour cream if desired. Serve warm with more nacho sauce for dipping.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Quesadogas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Quesadoga	½ Quesadoga	¾ Quesadoga	1 Quesadoga