Fit To A Tee



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A person standing in front of a store

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With Coach K

There is rain in the forecast, so how about getting your *home team* together and make some Baked Quesadillas!!

You will need:

8 preferably, whole-wheat or corn tortillas

1 cup corn kernels, fresh, canned OR frozen

1 cup diced bell pepper

1 cup diced tomatoes

1 cup chipped baby spinach

1 ½ cups Monterey Jack or pepper jack cheese (spicey)

2 green onion finely chopped

1 cup sour cream

2 TBLS cilantro, chopped

Salt and pepper to taste.

\* if your family is more than four people, just add a little more of everything!!

\* If you are really hungry, double everything!!

Add 1 TBLS olive oil to a sauté pan over medium heat. Add the corn, bell pepper and tomatoes, Sauté until they are JUST soft.

Remove from the heat.

Preheat oven to 400◦. Place half the tortillas on a rimmed baking sheet.

Spread the veggies and green onion over the tortillas. Top with the cheese.

Cover each with another tortilla

Bake in oven for 5 minutes or until the cheese is melted.

Mix the sour cream and cilantro together, add salt and pepper and serve with the quesidillas.

You could also top with fresh salsa.

Divide up the kitchen tasks.

Play Would-You-Rather: you can make up your own or look some up on line. It always makes for great chat time.

HAVE FUN!!