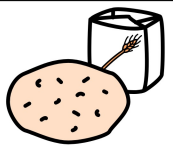


Quesadillas



Ingredients

wrap



baby spinach



red onion



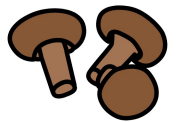
tomato



capsicum



mushrooms



grated cheese

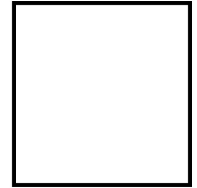


mexican spice mix

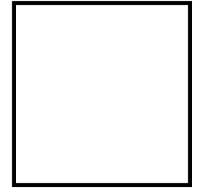
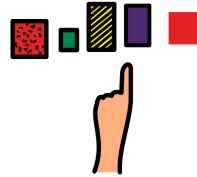


Directions

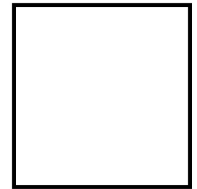
Wash your hands.



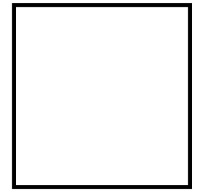
Choose your fillings



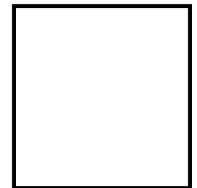
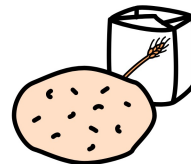
Grate or finely cut vegetables.



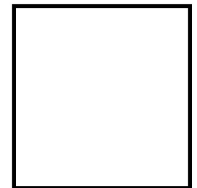
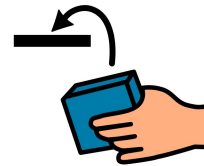
Saute your vegetables and spice mix in a frying pan.



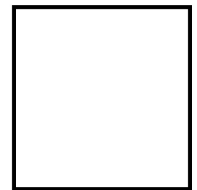
Lay your wrap out flat



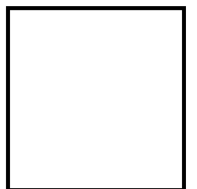
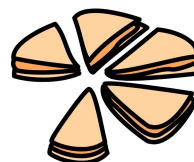
Put the fillings on your wrap and fold in half.

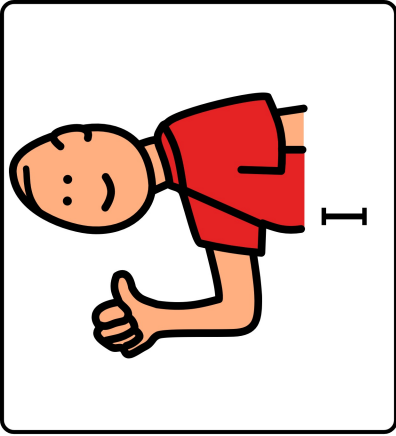


Cook your quesadilla in the sandwich press.

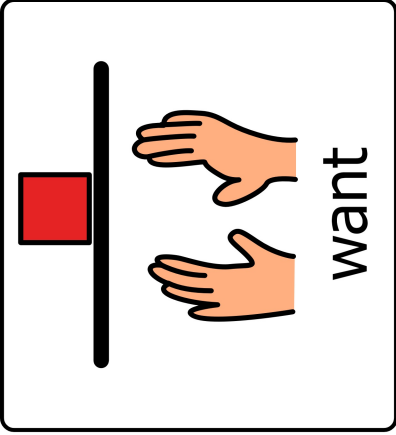


Enjoy.

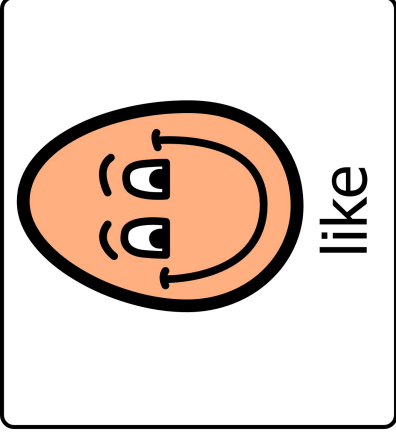




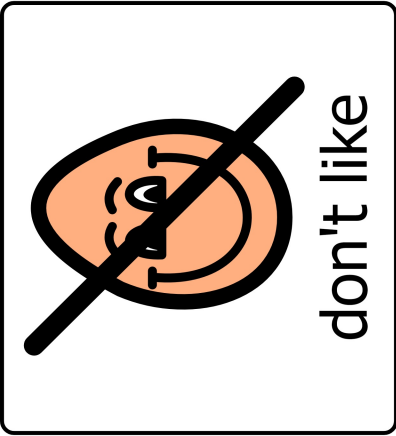
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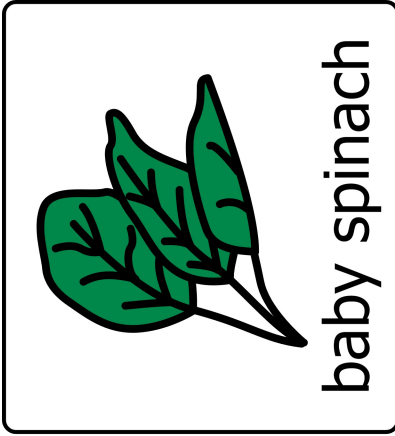
want



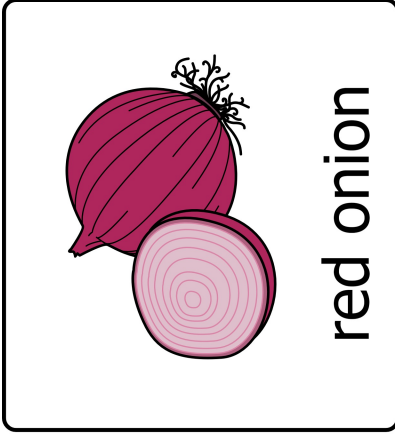
like



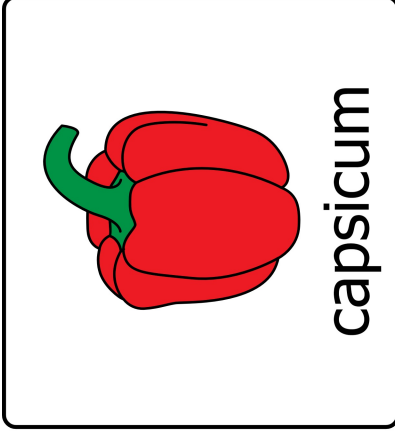
don't like



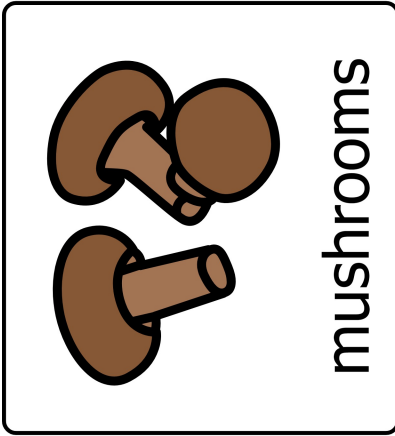
baby spinach



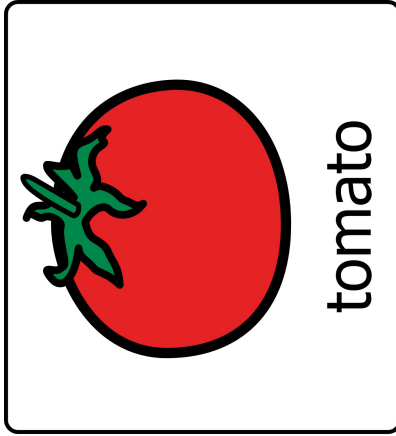
red onion



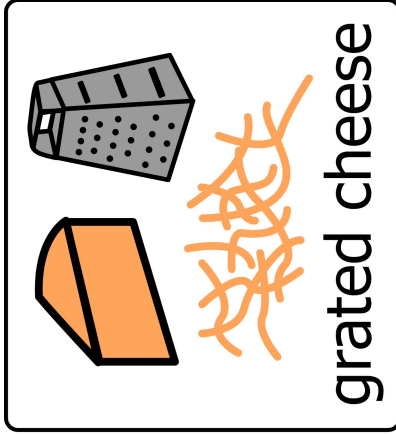
capsicum



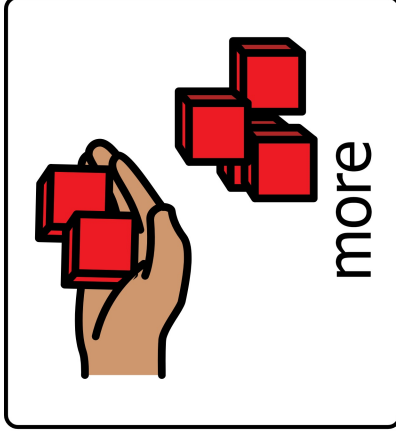
mushrooms



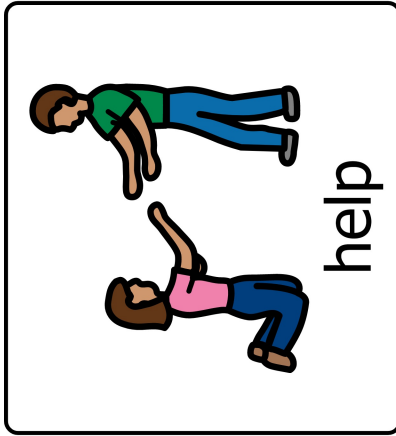
tomato



grated cheese



more



help

Matching

Draw a line between the matching items.



grater



frying pan



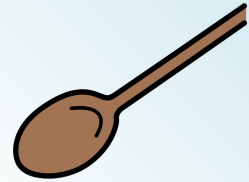
wooden spoon



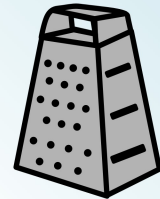
oven



mixing bowl



wooden spoon



grater



oven



frying pan



mixing bowl