

Quesadilla

Ingredients & Cost

Prices are from Lidl Supermarket

- Wraps - £0.65 (for 8)
- Cheddar cheese - £1.49
- Bell pepper - £0.42
- Carrot - £0.02
- Salt and pepper (optional)

Quesadillas can be personalised from one person to the other and can have almost any filling someone would like. Popular fillings are chicken, beans, peppers and onions. This recipe is a basic recipe and allows you to add anything you would like.

These quesadillas have at least 2 of your 5 a day and you can always add more of your favourite vegetables to them to make them healthier.

The total cost based on these prices is £2.58 for 4 quesadillas, 65p for each serving (1 quesadilla).

Timing: 10 minutes.

Equipment

- Toaster machine
- Knife

Method

1. Chop the pepper and carrots into small cubes. If the cheese is not grated or sliced, cut the cheese into thin slices.
2. Lay down one tortilla wrap, spread your toppings of cheese, peppers and carrots (or any veg that you would like to use) on top of this wrap. Put another tortilla wrap on top of the filling.
3. Transfer this to a toaster machine for about 2-3 minutes on each side until the cheese has melted.
4. Slice the quesadilla into 4 pieces.

