



SNACKTIVATE!

Snack time can be an opportune time for good nutrition and family fun. Use this nutritious recipe idea to stir up some fun with your little ones. Ready, set, snacktivate!

Your kids will fly to your kitchen table to transform ordinary quesadillas into exotic white butterflies.

Here's How...

Cut each half-circle-shaped quesadilla into two pieces to make two triangles. Arrange 4 triangles on plate to create butterfly wings. Use a celery stick for the body. Antennae tops are rounds of red pepper (use cookie cutter). Spread sour cream and/or salsa over wings. Decorate wings with sliced peppers and/or olives. Quesadillas can be cut into smaller portions for smaller children.

Butterfly Quesadillas

All You'll Need:

- Southwestern Snakebite Quesadillas
- Celery sticks
- Carrot rounds
- Olives, sliced
- Peppers sliced
- Fat-free sour cream
- Salsa
- Small circular or flower-shaped cookie cutter

Nutrition

One Quesadilla provides
22 grams of protein,
3 grams of fiber and a good
source of vitamins A, C
and calcium*

Southwestern Snakebite Quesadillas

Ingredients

- 2 cups (8 oz) MorningStar® Meal Starters™ Steak or Chik'n Strips
- 1 tablespoon olive oil or vegetable oil, divided
- 4 whole wheat flour tortillas, divided
- 1/2 cup shredded Monterey Jack or Cheddar cheese, divided
- 1/4 cup chopped red and/or yellow bell peppers, divided
- 1/4 cup sliced green onions, divided
- 1 tablespoon hot pepper sauce, divided
- Salsa or fat-free sour cream

Directions

1. In nonstick frypan cook steak strips in 2 teaspoons of hot oil over medium-high heat for 2 to 3 minutes or until hot, stirring frequently. Remove from frypan. Wipe frypan with paper towel.

2. Lightly brush same frypan with some of remaining oil. Place one tortilla in pan. Top half of tortilla with one-fourth of steak strips, 2 tablespoons of cheese, 1 tablespoon of peppers and 1 tablespoon of onions. Sprinkle with 3/4 teaspoon of pepper sauce. Fold tortilla over filling. Cook over medium heat for 1 to 2 minutes or until light brown, turning once. Repeat with remaining tortillas, steak strips, cheese, peppers, onions and pepper sauce, brushing frypan with oil as necessary.
3. Cut each quesadilla in half. Serve with salsa or fat-free sour cream.

Preparation Time: 20 minutes
Total Time: 20 minutes
Servings: 4



*Nutrition highlights are reflective of the recipe, not the final activity. For full nutrition content of this recipe, visit www.kelloggskitchens.com

