

WAIT!
QUESADILLAS!

OPHELIA'S LAST WORD

DON'T YOU LOVE WORDS THAT ARE FUN TO SAY ALOUD? ONE OF MY FAVORITES IS THE SPANISH WORD QUESADILLA (KAY-SA-DEE-YA), THE NAME OF A YUMMY MEXICAN SNACK. HERE'S MIRO'S RECIPE FOR TURKEY QUESADILLAS.

WHAT YOU'LL NEED:

4 SEVEN-INCH
TORTILLAS

CUMIN
(OPTIONAL)

2 SLICES
ROASTED OR
SMOKED
TURKEY

1 LIME,
CUT IN HALF

FRYING
PAN

1/2 CUP GRATED
LOW-FAT
MONTEREY JACK
OR OTHER
CHEESE

VEGETABLE
OIL

WHAT TO DO:

1 TEAR THE SLICES OF TURKEY INTO SMALL FINGER-SIZE STRIPS

2 FOR EACH QUESADILLA, PUT TWO TABLESPOONS CHEESE AND A FEW STRIPS OF TURKEY ON A TORTILLA. SPRINKLE WITH 1/8 TEASPOON CUMIN AND COVER WITH ANOTHER TORTILLA.

3 GREASE THE COLD FRYING PAN WITH A THIN LAYER OF OIL. ASK AN ADULT TO HEAT THE PAN TO MEDIUM AND COOK EACH QUESADILLA FOR 1 MINUTE ON EACH SIDE, OR UNTIL THE CHEESE MELTS, AND CUT INTO PIE-SLICE PIECES.

4

SQUEEZE LIME JUICE ON THE QUESADILLAS AND ENJOY!

Love
Ophelia