

Customize Your Lunch Plate:
A Virtual Dining Experience with Libby Mills

Presented by COPE
Menu for March 2, 2021

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#NationalPeanutButterDay, #NationalNutritionMonth, #Quesadilla, #Lunch*

Peanut Butter Strawberry Quesadilla

Makes 1 quesadilla
Prep time: 5 minutes
Cook time: 3 minutes
Total time: 8 minutes

Ingredients	Equipment and Tools
<ul style="list-style-type: none">• 1 large whole grain tortilla• 3 tablespoons peanut butter• ¼ cup sliced fresh strawberries, washed and hulled	<ul style="list-style-type: none">• Cutting board• Paring knife• Table knife• Spoon measures: tablespoon• Dry cup measures: ¼ cup• Skillet• Non-scratch Tongs• Chef knife

Preparation steps:

1. Wash and hull approximately 5 strawberries. Cut the strawberries into ¼-inch slices to fill a quarter cup.
2. Lay one tortilla on a clean flat surface. Spread the surface with peanut butter.
3. Place the sliced strawberries in a single layer to cover ½ of the peanut butter.
4. Fold the tortilla in half over the strawberries.
5. Over medium heat, warm the skillet. If using a non-stick skillet, do not preheat. Lay the folded quesadilla in the pan. When the underside is golden and crisp, about 1 ½ minutes, turn it over, using the tongs. Cook again until the underside is golden and crispy, about another 1 ½ minutes.
6. Remove from the skillet onto the cutting board and slice into triangles.

Nutrition analysis per quesadilla:

373 calories; 13.3 g protein; 33.2 g carbohydrates; 7.8 g fiber; 0 g added sugar; 19.6 g total fat; 3.0 g saturated fat; 0 mg cholesterol; 140 mg sodium