Quesadillas with fresh Tortillas

160 mL flour

2 mL salt

30 mL olive oil

60 mL warm water

1. In a large bowl, combine flour and salt.

2. Mix in olive oil with a spoon and then gradually stir in warm water until the mixturs starts to form the dough.

3. Knead gently on a floured surface until smooth (approximately 8 times)

4. Divide dough into 4 round pieces. Slightly flatten each ball. Let rest for 1-2 minutes.

5. On a lightly floured surface, roll out each dough into a circle, until it is think as you can make it.

6. Heat frying pan (cast iron works best) over medium heat until it sizzles when you sprinkle a drop of water onto it. Put tortilla one at a time in pan. Cook for 1minutes, turn and cook other side for 30 seconds. Place on plate set aside and repeat with remaining dough.

*Cheesy Vegetable Quesadillas*

10 mL vegetable oil

½ sweet pepper, cut into chunks

30-50 mL black beans, canned, rinsed and drained

15-20 mL frozen corn

125 mL chunky salsa

125 mL grated cheese, cheddar or mozzarella

1. Heat oil in frying pan over medium-high heat.

2. Add peppers and stir fry 3-4 minutes until tender crisp. Add beans and corn; stirring to heat through, about 1-2 minutes.

3. Transfer to a bowl. Add salsa and cheese and combine well.

4. Divide filling evenly on half of each tortilla, fold over to make a half-moon shape.

5. In a frying pan over medium-high heat, grill until tortilla are golden brown on both sides. Cut into wedges and serve with sour cream.