



TUNA QUESADILLAS

May 2

World Tuna Day



INGREDIENTS

- (2) 6 Ounce Cans Chunk-Style, Water Packed Tuna (drained)
- ¼ Cup Mayonnaise
- ¼ Cup Salsa
- 6 Tortillas, Soft, Flour (about 6”) (enriched or whole grain rich)
- 3 Ounces Shredded Cheddar Cheese

DIRECTIONS

1. Combine tuna, mayo and salsa.
2. Spread 3 tortillas with the tuna mixture, top with cheese and cover with remaining tortillas.
3. Lightly grease a non stick skillet, add the quesadillas, one at a time and cook until lightly browned.
4. Turn and cook until cheese has melted.
5. Cut each quesadilla into 4 wedges for a total of 12 wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

3 Quesadillas

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wedge	2 Wedges	2 Wedges	4 Wedges