

Turkey and Avocado Quasadillas

Ingredients:

- 1/4 pound of roasted turkey slices
- 4 whole-wheat tortillas (medium size, any brand you like)
- 1 avocado (I recommend Hass avocado, these are the dark ones)
- 2/3 of a cup of 4 cheeses Mexican shredded cheese mix
- dash of hot sauce, if desired.

Directions:

Put 1 tortilla flat on a cutting board. Take half the turkey slices and spread them evenly on top of the tortilla leaving a little space around the edges. Cut avocado in thin slices. Take half and again, place them evenly on top of the turkey. Take half the cheese, and you should know by now, spread it evenly on top of the avocado. As mentioned before, make sure you leave a little space on the edges, so that when the cheese melts, it won't run out because it will burn. Add hot sauce, if desired and cover with the second tortilla.

Repeat the same process with the rest of the ingredients.

Place quasadillas on a griddle, grill or just plain sauté pan (whatever you have will work) and cook it on a medium high heat until the bottoms are golden brown and crispy. Then flip them over and cook again until golden brown and crispy.

Once cooked, place on a cutting board, slice them like pizza and they're ready to eat.

This recipe should be good for 4 kids.

Note:

Encourage your children to have their own input and be creative. If they don't like turkey, ask them what they would like instead...salami, ham, grilled chicken? Same thing with the avocado. They can substitute with tomatoes, pepper or any other vegetable they like. The possibilities are endless. And most importantly...have fun and enjoy!!!