1- Quesadillas

Supervise to preparation of quesadillas ingredients, make sure all steps are followed and ingredients are ready. Set up an assembly line for each person to make their own quesadilla.

1-Quesadillas

Open 2 cans of chicken and package of cream cheese; mix together with garlic powder in a small metal bowl

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Chop/Dice bell pepper(s) using a big knife and cutting board. Put the diced peppers in a paper bowl with a plastic spoon.

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1-Quessadillas

Tear spinach leaves and sauté in skillet. Put the sautéed spinach in a paper bowl with a plastic spoon.

2-Guacamole

Supervise the preparation of the guacamole. Make sure all of the ingredients are added to the food processor. Once everything is in, add some salt and pepper and run the processor until the guacamole is smooth. Transfer the guacamole to smaller bowls for each table. Put a spoon in each bowl for serving.

2- Guacamole

Cut avocados in half. Remove and discard seeds. Scoop out flesh and add to food processor.

2- Guacamole

Cut limes in half and squeeze juice into food processor with juicer.

2-Guacamole

Cut tomato into quarters and add to food processor.

2-Guacamole

Measure out peas (black-eyed and green) and add to food processor.

2- Guacamole

Cut onion in half and remove other layer. Add to food processor.

2-Guacamole

Peel garlic cloves and add to food processor

2-Guacamole

Put on gloves! Cut and seed jalapeno using a knife and cutting board and add to food processor

3- Salad

Supervise the assembly of the Chickpea and Black Bean salad. Make sure all the ingredients are added to the large bowl for salad, and small bowl for dressing. Once both bowls are complete, add salt and pepper to the dressing, then add the dressing to the salad and stir gently until the salad is coated well with dressing. Add a serving spoon to bowl and place on the table for serving.

3-Salad

Open cans of black beans. Drain and rinse with a colander. Add to big salad bowl.

3-Salad

Open cans of chickpeas. Drain and rinse with a colander. Add to big salad bowl.

3-Salad

Cut and chop red onion using knife and cutting board. Add to big salad bowl.

3-Salad

Rinse parsley. Remove leaves, discard stems. Chop leaves using knife and cutting board. Add chopped leaves to big salad bowl.

3-Salad

Rinse mint. Remove leaves, discard stems. Chop leaves using knife and cutting board. Add chopped leaves to big salad bowl.

3-Salad

Measure apple cider vinegar and add to small dressing bowl.

3-Salad

Rinse tomatoes. Cut each tomato in half and add to the big salad bowl.

3- Salad

Measure lemon juice and add to the small dressing bowl.

3- Salad

Measure olive oil and add to the dressing bowl.

4- Dessert

Supervise the Yummy dessert assembly with 2 dessert bowls. Once the ingredients are all added, stir well and put in the refrigerator until time to eat.

4 – Dessert

Add flavor gelatin, whipped topping, and cottage cheese to dessert bowl 1

4- Dessert

Open can of fruit, drain, and add to dessert bowl 1

4 – Dessert

Add flavor gelatin, whipped topping, and cottage cheese to dessert bowl 2

4- Dessert

Open can of fruit, drain and add to dessert bowl 2

Quesadilla assembly completed by each person:

Take 1 tortilla; place it in your plate. On one side spread about 2 tablespoons of the chicken and cream cheese mixture on the tortilla, top with about a tablespoon of bell pepper, sprinkle about a table spoon of cheese on top, and add about a tablespoon of spinach on top. Fold the tortilla in half and press gently to flatten slightly (be careful not to squeeze the filling out). Place the tortilla on the griddle/skillet and heat for 1-2 minutes on each side. Cut into quarters. Enjoy!