

FRUIT QUESADILLAS



Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Granny Smith apples	1 apple	2 apples	4 apples	8 apples
Bananas	1 medium	2 medium	4 medium	8 medium
Strawberries	2/3 cup	1 1/3 cups	2 2/3 cups	5 1/3 cups
Blueberries	2/3 cup	1 1/3 cups	2 2/3 cups	5 1/3 cups
Peanut butter	6 Tbsp	3/4 cup	1 1/2 cups	3 cups
Whole-wheat flour tortillas	6 tortillas	12 tortillas	24 tortillas	48 tortillas

Tbsp = tablespoon tsp = teaspoon 1 serving = 1 quesadilla

Preparation:

1. In a large bowl, add apple, banana, strawberries & cinnamon. Mix well.
2. To assemble the quesadilla, spread 1 tablespoon peanut butter on half of the tortilla. Place 1/2 cup of the fruit mixture on peanut butter. Fold tortilla in half.
3. Heat cast iron skillet over medium-high. Lightly coat pan with non-stick cooking spray.
4. Once hot, put the filled & folded tortilla in the pan & toast each side until golden brown.
5. Cut into wedges & serve warm.



Cook Time: 15 min

CACFP Guidelines

1 quesadilla provides 1/2 cup equivalent fruit serving, 1 Tbsp equivalent meat alternate & 1/2 oz equivalent grain serving.

• TIP •

Use fruits when they are in season & try local Oklahoma fruits like blueberries, peaches, or blackberries.

Nutrition Facts

variable servings per recipe

Serving size 1 Quesadilla (193g)

Amount per serving

Calories **410**

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 660mg **29%**

Total Carbohydrate 62g **23%**

Dietary Fiber 8g **29%**

Total Sugars 12g

Includes 1g Added Sugars **2%**

Protein 15g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.5mg **2%**

Potassium 450mg **10%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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APPLES & BERRIES



Health Benefits

This tasty snack combines apples, bananas, strawberries & blueberries, rich in fiber, vitamins & antioxidants that support heart, digestive & immune health. Peanut or sunflower seed butter adds healthy fats & plant-based protein for lasting energy, while whole-wheat tortillas provide extra fiber & B vitamins from whole grains.

History

Quesadillas are popular in Mexican cuisine, but pairing fruits & grains has deep Indigenous roots. Long before European contact, Indigenous peoples in North America gathered and cultivated fruits like apples & berries & prepared sauces & porridges from nuts such as hickory & pecans. Nut pastes were a traditional, nutrient-rich food. Though peanuts originated in South America, they became an important part of many Indigenous food traditions in North America.



Culture

This recipe reflects how Indigenous communities used seasonal foods to create warm, nourishing meals. Fruits were often stewed, roasted, or dried to enhance flavor & preserve them for later use. Cinnamon, introduced through trade, became a common addition. Dishes like this highlight how food not only meets practical needs but also carries culture, history & stories across generations.

Varieties

Fruits vary by season and region. Some Indigenous communities used chokecherries, wild plums, or juneberries. In the Southwest, corn masa tortillas were common, while other regions made breads from local grains or roots. Peanut butter can be replaced with traditional nut or seed pastes to suit taste preferences or dietary needs.



Works Cited



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Recommended Kids Books:

- *Hungry Johnny* - By Cheryl Kay Minnema
- *The First Strawberries: A Cherokee Story* - By Joseph Bruchac
- *We Are Grateful: Otsaliheliga* - By Traci Sorell
- *Giving Thanks: A Native American Good Morning Message* - By Chief Jake Swamp & Erwin Printup Jr.