

Yummy Quesadillas

Ingredients:

- ¾ cup brown rice
- 1 can black beans, rinsed
- 1 can salsa
- Shredded cheese
- Whole grain tortillas

Directions: Cook rice in rice cooker with help of an adult. Mix rice, beans & salsa. Line baking sheet with foil & spray with non-stick oil. Layer tortilla with rice/bean/salsa mixture, then cheese, then top with tortilla. Bake at 350 degrees until tortilla is brown & cheese is melted.



Pump it Up: Put a bag of rice on the floor. Squat down to pick it up & raise it above your head, then put it back on the floor 10 times!



Food for Thought: Beans are a great source of protein. Protein helps build strong muscles & supports proper growth.

Tasty Thoughts: _____

