

# VEGGIE “QUETZAL” DILLA

## What you need:

### Veggie “Quetzal” dilla:

- 1/2 whole grain tortilla
- 2 tbsp. shredded cheese
- 2 tbsp. avocado

### Sides:

- 1/4 c. warm pinto beans
- 1/4 c. mango
- 1/4 c. corn

## Preparation:

1. Heat tortilla on a pan at medium heat, once heated add cheese, when cheese is melted add avocado and fold.
2. Heat pinto beans at medium heat on the stove until warm
3. Accompany with warm pinto beans, corn, and mango
4. Enjoy!

\*\*This meal is CACFP approved if it is served with milk.

This material created for the Healthy Kids Resource Center [www.extension.unr.edu/healthykids](http://www.extension.unr.edu/healthykids)

