

INGREDIENTS Tick

- 2** flour tortillas
- 2** slices of ham
- 100g** of grated cheese
- 50g** iceberg lettuce
- 4** cherry tomatoes & ½ cucumber
- Tablespoon of shop bought coleslaw

Ingredients



SERVES 2



Calories: 524
Fat: 29.3g
Carbs: 45.3g
Protein: 25.7g

To guide you through some of the recipes videos are available online at:

www.loafcatering.com/video



If you are interested in joining Loaf Cookery Club and would like more information you can call us or visit our website for more details:

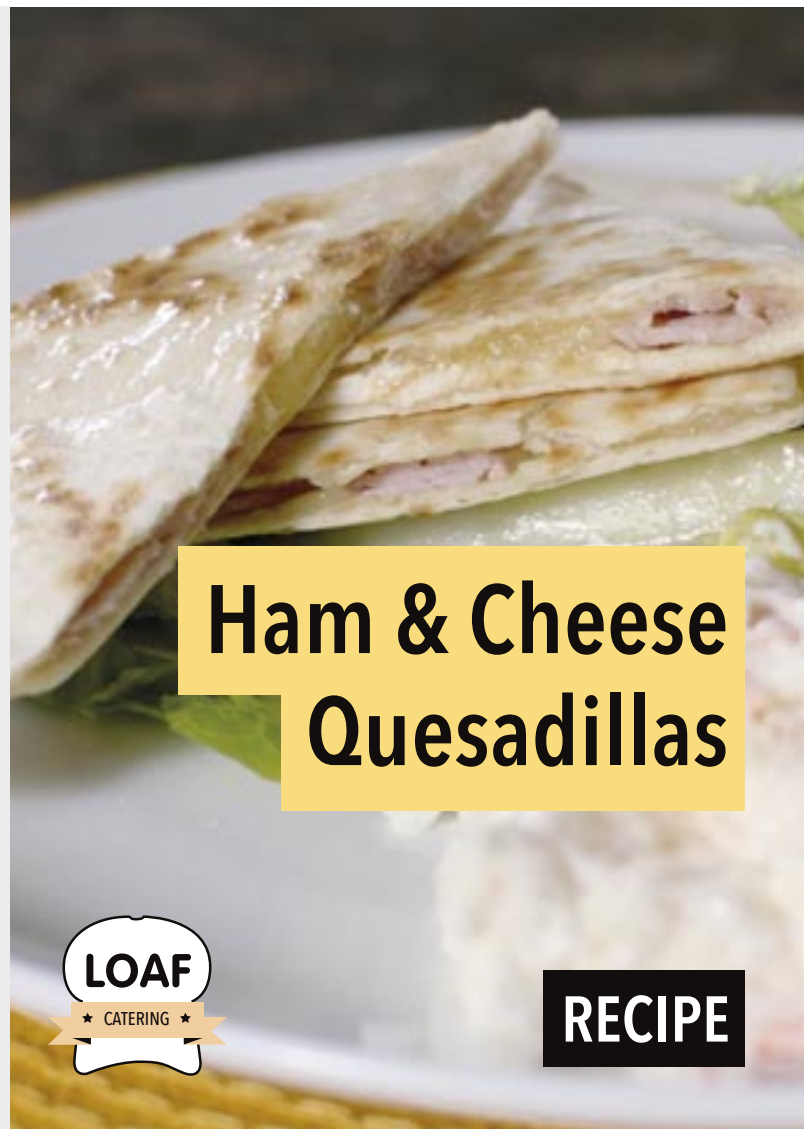
Tel: 028 9043 6400

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Ham & Cheese Quesadillas



RECIPE

METHOD: Ham & Cheese Quesadillas

STEP 1

Lay 1 tortilla in a frying pan. Heat must be off. Tear ham up & spread over the tortilla



STEP 2

Next sprinkle grated cheese over the ham, spread the cheese evenly over the tortilla



STEP 3

Lay the next tortilla on top & press down lightly. Turn hob to a low heat



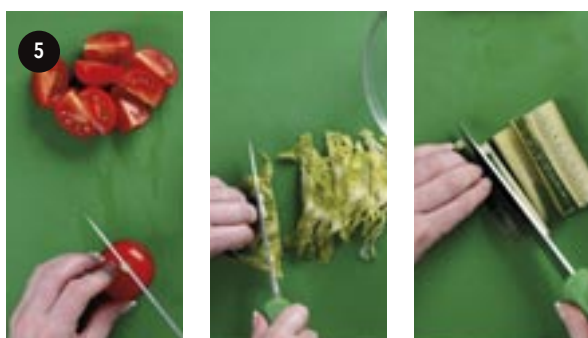
STEP 4

Allow cheese to melt so tortillas are glued together. When golden brown turn over & cook to the same colour. Allow to cool



STEP 5

Wash lettuce leaves & cherry tomatoes & quarter. Finely slice lettuce leaves & thinly slice the cucumber



STEP 6

Cut the tortilla into 4 pieces serve with side salad & coleslaw, enjoy!

