

## KIDS COOKING LOCAL VIRTUAL

WEEK OF OCTOBER 26 -30

### ITEMS IN THE KCL BAG

- Tortillas

#### Produce and Dairy:

- 1 bunch of cilantro
- 1 pineapple
- 2 tomatoes
- 1 stalk green onion
- 1 bunch of mint leaves
- 1 lime
- 1 red onion
- Mozzarella cheese



### **(Kalua pig) Quesadilla**

Demonstration by Chef Adam Gilbert of Plantation Tavern

Find the link to the video on this page: <https://www.hawaiiagfoundation.org/kids-cooking-local/>

After cooking with your virtual chef, please fill out the post-cooking survey: <https://forms.gle/QSQsGCK996jRdWaX9>

Ingredients:

- 4 ounces kalua pig (optional)
- ¼ cup shredded mozzarella cheese w/ garlic powder and onion powder (as desired)
- 2 tablespoons Farm fresh cilantro, chopped
- 3 ounces Pineapple Mint salsa (see recipe on next page)
- Four 12-inch flour tortillas
- 1 tablespoon olive oil

To construct: Place one tortilla on a cutting board and spread half of the mozzarella cheese evenly. Spread the other half on the other tortilla. Sprinkle kalua pig and cilantro on top of the mozzarella of one tortilla. Place the other tortilla on top of kalua pig with the mozzarella side facing the kalua pig.

To cook: Heat a sauté pan to medium high heat. Add the butter/ oil. When the butter melts and the pan is hot, place the quesadilla down into the oil. When the first side is golden, place a spatula underneath, hold the top with your hand and flip it over. Cook until the other side is also golden. Cut into six wedges and place on a plate. Top with the pineapple mint salsa!

### **Pineapple mint salsa**

Ingredients:

- 1 Farm fresh pineapple, diced
- 2 Farm fresh tomato, diced
- 3 stalks Farm fresh green onion, thinly sliced
- ½ jalapeno, finely minced, stemmed and deseed (optional for spiciness)
- 3 tablespoons Farm fresh mint, chopped
- 3 tablespoons Farm fresh cilantro, chopped
- ¼ cup red onion, diced
- 1 Farm fresh lime, juiced
- Salt & pepper to taste

Dice the pineapple and tomato. Place in a bowl. Thinly slice the green onion. Small dice the red onion. Chop the herbs and place all the ingredients in the same bowl. Cut the lime in half and squeeze both halves' juice on top of the ingredients. Mix with a spoon.