



## Quesadillas with Pineapple-Mandarin Salsa



Fruit for dinner? These produce-packed quesadillas feature pineapple, mandarin oranges and bell peppers. Paired with tofu and seasoned with your favorite BBQ sauce, they're sure to please the whole family. This recipe comes to us from our friends at Dole.

### Ingredients: (serves 6)

- 1 red bell pepper, cut in half, divided
- 1 (20 oz.) can pineapple tidbits, drained
- 1 (15 oz.) can mandarin oranges, drained
- 1/2 cup cilantro, chopped
- Juice from 1 lime
- Cooking spray
- 1 (12 oz.) pkg. firm tofu, cut into small cubes
- 1/2 cup barbecue sauce
- 6 (8-inch) flour tortillas
- 1 (4 oz.) pkg. goat cheese, crumbled

### Instructions:

**Kid:** Chop 1/2 of bell pepper into chunks. Stir together chopped bell pepper, pineapple tidbits, mandarin oranges, cilantro and lime juice in medium bowl.

**Together:** Reserve 1-1/2 cups and refrigerate the rest until ready to use.

**Adult:** Spray large skillet with cooking spray and cook tofu on high heat until lightly browned.

**Together:** Remove from heat. Stir in barbecue sauce and 1-1/2 cups of reserved pineapple-mandarin salsa.

**Kid:** Place equal amount of tofu mixture on half of each tortilla.

**Together:** Thinly slice remaining bell pepper half and place equal amounts on top of tofu mixture.

**Kid:** Sprinkle with goat cheese and fold empty half of tortilla on top and spray both sides with cooking spray.

**Together:** Place tortillas in large skillet, cook on each side about 2 minutes or until browned; repeat with remaining tortillas. Keep warm, serve with pineapple-mandarin salsa and garnish with cilantro sprigs, if desired.

# Food For Thought!



A luau is a traditional Hawaiian party that features food, music and Hawaii's traditional dance, the hula, performed by dancers in beautiful costumes. Each dance is accompanied by a song, called a mele, and the motions of the dance tell the story of the song. Think of a story you'd like to tell. Can you come up with your own dance that tells the story?

## Cooking Tip of the Week

Tofu is available in different levels of firmness, so check your package carefully. Firm or extra firm tofu, called for in this recipe, is best for sautéing, while soft or silken varieties make a great addition to soups, dips and salad dressings.

## Conversation Starter

What is your signature dance move? After dinner, let's all demonstrate!



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