

## Map Your Meal

## Family Letter (Gr. 3-8)

Food Education Standard 3: Food and the environment are interconnected.

Dear family,

Today, we learned that **food and the environment are interconnected**. We used an online map to see where different fruits and vegetables are grown. We watched a cooking video (Colorful Quesadillas - linked below), and then students chose ingredients for their own recipe for quesadillas. They researched and wrote about what one ingredient in their recipe would need to grow well, such as location and climate.

Scan the QR code to watch the cooking video from our lesson.

[Pilot Light Video: Colorful Quesadillas with Chef Beth Somers](#)

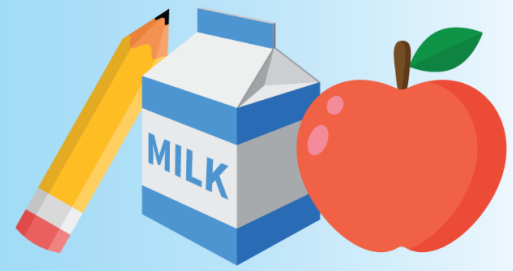


### Questions to ask:

- Which ingredients did you choose for your quesadilla?
- Where did one of those ingredients grow?
- Do all crops grow in the same conditions?
- Find a fruit or vegetable that interests you at the store/market and find out where it grows.

### Vocabulary:

- crop [ krop ] (noun) - a plant or animal product that is grown and harvested
- frequently [ free-kwuhnt-lee ] (adverb) - happening often
- Ingredient [ in-gree-dee-uhnt ] (noun) - one of the items that are part of a mixture or recipe
- produce [ prod-oos ] (noun) - fresh fruits and vegetables



## Recipe from our lesson: Colorful Vegetable Quesadillas

### Ingredients:

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| <ul style="list-style-type: none"><li>• 1 sweet potato, peeled and cut into 1/2 inch cubes</li><li>• 2 red or yellow peppers, seeded and cut into 1/2 inch cubes</li><li>• 1 yellow onion, peeled and cut into 1/4 inch cubes</li><li>• 1 cup canned black beans</li><li>• 1/2 teaspoon cumin</li><li>• 1/4 teaspoon dried oregano</li></ul> | <ul style="list-style-type: none"><li>• pinch dried red chili pepper or a dash of hot sauce</li><li>• salt, as needed</li><li>• pepper, as needed</li><li>• 1-1/2 cups shredded cheddar</li><li>• 8 corn or flour tortillas</li></ul> |
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### Preparation:

1. In a fry pan, heat 1 tablespoon of vegetable or canola oil over medium heat until the oil shimmers.
2. Add the diced sweet potato, peppers, onions, cumin, oregano, hot sauce, salt and pepper and stir everything well to combine.
3. Cook over medium heat, stirring occasionally, until the onions are translucent, and the sweet potatoes are easily pierced with a fork, about 10 minutes. If the onions start to burn or stick to the bottom of the pan, add a few tablespoons of water and reduce the heat to medium-low.
4. Stir in the black beans and cook to heat through, about 2-3 minutes.
5. Taste and add extra salt and pepper if needed.
6. Remove the filling from the fry pan, and clean the fry pan and return to the stove.
7. To build a quesadilla, top one tortilla evenly with 2 tablespoons of shredded cheese, then with 1/4 of the vegetable filling, and then another 2 tablespoons of cheese. Sandwich with a second tortilla. Repeat.
8. Heat a fry pan over medium heat. Carefully slide 1 quesadilla into the hot pan, and cook for 1-2 minutes or until the bottom is slightly crispy.
9. Using a pancake turner or other spatula, carefully flip the quesadilla and cook an additional 1-2 minutes or until the cheese is melty. Remove from the pan and slice into quarters. Repeat.
10. Serve alone or with toppings like chopped tomatoes, salsa, sour cream, or avocado.

Learn more about Pilot Light at [pilotlightchefs.org](https://pilotlightchefs.org), and check out Pilot Light's Food Education Center ([foodedu.pilotlightchefs.org](https://foodedu.pilotlightchefs.org)) for free food education lessons and resources for home and school.