



early childhood community development centre

Ham & Cheese Tortilla Wedges

Makes 16 "wedges"

Ingredients

- 8 large whole wheat tortillas
- 1 cup (250 ml) shredded cheddar cheese
- 16 oz. (500 g) lean, thinly sliced ham
- 1 cup (250 ml) fresh tomato, diced
- ¼ cup (50 ml) chopped green onion (optional)
- Vegetable oil for brushing tops of wedges

Directions

1. Lightly spray 2 cookie sheets with vegetable oil cooking spray. Arrange 2 tortillas on each cookie sheet and evenly top with ¼ cup (50 ml) of the cheddar cheese. Top the cheese with the sliced ham, diced tomato, and green onions, and add the other ¼ cup (50 ml) of cheddar cheese.
2. Cover each topped tortilla with another tortilla. Brush tops with vegetable oil and bake in a 425° oven for about 10 to 12 minutes, until browned.
3. Cut into wedges (cut each tortilla into 4 pieces). Serve with mustard for dipping.

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