**Lab: Heat Transfer & Cooking Methods**

*For this lab, your group will prepare cheese quesadillas using 4 cooking methods: baking, grilling, pan-broiling, and microwaving.*

Equipment:

* baking sheet
* skillet
* microwave & microwave-safe plate
* Tongs and/or turners
* Plates, for serving
* Pizza cutter

Groceries:

* 8 flour tortillas
* 4 oz. of cheese (1 cup), grated
* ½ c. refried beans, optional
* ½ c. caramelized onions, optional

Procedures

1. Preheat oven to 350 degrees. Preheat griddle or skillet to medium-high heat.
2. Get supplies and ingredients.
3. Assemble quesadillas: for each quesadilla, place 2 T. beans, 2 T. onions, & ¼ c. cheese on one tortilla; place another tortilla on top.
4. Cook quesadillas using the following methods:
	1. Baking: carefully place quesadilla on a lightly greased baking sheet. Bake at 350 degrees for 10 minutes, or until cheese is melted. Remove from oven and serve. Preheat Grill to medium heat.
	2. Pan frying: carefully place quesadilla on a lightly greased griddle or skillet. Cook for 1-2 minutes on each side, until tortilla is crispy and cheese is melted. Remove and serve.
	3. Microwave: Carefully place quesadilla on microwave-safe plate. Microwave for 30 second intervals, until cheese is melted. Remove and serve.
	4. Grill: Carefully place quesadillas on grill. Cook for 1-2 minutes/side, until browned and the cheese has melted.
5. Cut each quesadilla into enough wedges for everyone in your group to have a sample. Observe & Taste the finished products, and complete the accompanying assignment.

**Lab: Heat Transfer & Cooking Methods**

*For this lab, your group will prepare cheese quesadillas using 4 cooking methods: baking, grilling, pan-broiling, and microwaving.*

Equipment:

* baking sheet
* skillet
* microwave & microwave-safe plate
* Tongs and/or turners
* Plates, for serving
* Pizza cutter

Groceries:

* 8 flour tortillas
* 4 oz. of cheese (1 cup), grated
* ½ c. refried beans, optional
* ½ c. caramelized onions, optional

Procedures

1. Preheat oven to 350 degrees. Preheat griddle or skillet to medium-high heat.
2. Get supplies and ingredients.
3. Assemble quesadillas: for each quesadilla, place 2 T. beans, 2 T. onions, & ¼ c. cheese on one tortilla; place another tortilla on top.
4. Cook quesadillas using the following methods:
	1. Baking: carefully place quesadilla on a lightly greased baking sheet. Bake at 350 degrees for 10 minutes, or until cheese is melted. Remove from oven and serve. Preheat Grill to medium heat.
	2. Pan frying: carefully place quesadilla on a lightly greased griddle or skillet. Cook for 1-2 minutes on each side, until tortilla is crispy and cheese is melted. Remove and serve.
	3. Microwave: Carefully place quesadilla on microwave-safe plate. Microwave for 30 second intervals, until cheese is melted. Remove and serve.
	4. Grill: Carefully place quesadillas on grill. Cook for 1-2 minutes/side, until browned and the cheese has melted.
5. Cut each quesadilla into enough wedges for everyone in your group to have a sample. Observe & Taste the finished products, and complete the accompanying assignment.