DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Gunner Link				
CATEGORY *Please check one*	☐ Appetizer	☐ Main Dish	☐ Side Dishes	☒ Healthy Desserts
COUNTY	Anderson			
AGE DIVISION	☒ Junior	☐ Intermediate	☐ Senior	

Name of Recipe: Peanut Butter Banana Quesadillas		
Prep Time: 15 minutes	**Cook Time:** N/A	**Cost:**

Type Recipe Here:

Peanut Butter Banana Quesadillas

Ingredients:
1 - 8 inch carb balance/high fiber tortilla
2 Tbsp. reduced fat peanut butter
1/2 medium banana
1 Tbsp. dark chocolate chips

Instructions:
1. Spread the peanut butter over the surface of the tortilla.
2. Slice the banana thinly and then arrange the slices over half of the tortilla. Sprinkle the chocolate chips over the banana slices and then fold the tortilla in half.
3. Spray you skillet with oil and cook the quesadilla in it over medium-low heat until golden brown and crispy on both sides. Place on plate to cool.
4. When tortilla is almost cool, carefully cut and enjoy the yum!

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020