



Dear Chef Tidbits,

I have three friends stopping by for dinner tonight after I get home from work. I want to serve them a home-cooked meal rather than order fast food. I need my dinner to serve four people and yet be quick and easy. I know I have black beans and tortillas in my pantry that I can use. I would like a combination meal that includes at least four of the five food groups. Please help!

*~Signed Rushed Reagan*

Help “Chef Tidbits” solve “Rushed Reagan’s” dinner dilemma by creating a Google Slide-Show presentation of 3 dinner options you’d recommend. Each slide option should include:

- Name of the Dish or Meal
- A Picture of the Dish or Meal
- A Calculation of the Total Time it will take to prepare and cook the meal (no more than 30 minutes)
- Hyperlink the Recipe to the Name of the Dish or Meal
- A List of all of the Ingredients labeled by Food Groups (minimum of four food groups represented; must include black beans and tortillas)

**Sample:**

## **Black Bean & Corn Quesadilla**

**Prep Time 10 minutes + Cook Time 10 minutes = 20 minutes**

**Vegetables: Garlic, onion, bell pepper, corn & salsa**

**Grains: Tortillas**

**Proteins: Black beans**

**Dairy: Cheese, Greek yogurt (sour cream substitute)**

**Miscellaneous: Butter, brown sugar, cumin, chili powder**

