

Team Name: What We Grew
Username: tahirahcollins
School: Jericho High School

Report:

For my FLOSN challenge meal, I made a Sweet Potato, Brown Lentil, and Green Pepper Quesadilla served with Mexican-style corn and an avocado dip. The total cost came to about \$3.60 per person, since I was able to use many ingredients I already had at home, including peppers and mint from my own garden and a few items from Trader Joes.

About 90% of my ingredients fit the FLOSN criteria, as my produce came from nearby sources and my dairy items were organic. Using sweet potatoes, lentils, and peppers made the meal both affordable and sustainable, while still being flavorful and filling. I researched beforehand what ingredients I could use that were locally grown, which is one of the reasons I picked to use lentils rather than my initial idea of using black beans.

Through this experience, I learned the importance of budgeting and accessibility when cooking sustainably. It showed me how much value there is in using what I already have in my fridge or garden before buying new items. Creating this meal reminded me that eating sustainably doesn't have to be expensive or complicated. Me and my family enjoyed the dish and it was a fun highlight of my weekend.

Ingredients:

(Serves 2)

Quesadilla

- 2 large flour tortillas
- 1 cup shredded mexican style cheese blend (or cheddar/monterey jack)
- 1 sweet potato, mashed
- ½ cup brown lentils
- 1 jalepeño
- 1 green bell pepper, diced

Mexican style corn

- 1 corn husk
- 1 tbsp of olive oil
- 2 tbsp of feta cheese
- ½ a lime
- chilli powder

Avocado sauce

- 1 ripe avocado
- 2 tbsp sour cream
- 1 jalapeno, chopped
- 1 tbsp cilantro, chopped

- ½ tbsp of packed mint leaves

Instructions:

Quesadilla

- Soak the lentils for 4 hours and then cook them , then lightly mash
- Steam the sweet potato and mash them
- Dice the bell peppers
- On a tortilla first put some shredded cheese, then spread the sweet potato, lentils, and peppers on half of the tortilla, and cover it with another layer of cheese
- Fold the tortilla and cook until both sides are crispy and golden brown

Mexican style corn - Elote

- Cook 1-2 husks of corn
- Cut the corn off the cob
- Mix the corn in a bowl with 2 tbsp of butter, 2 tbsp of mayonnaise, salt, pepper, paprika, and feta or cotija cheese
- Finish it off with squeezing lime and adding more cheese

Avocado Dip

- Add 1 avocado, 1 chopped up jalepeño, cilantro, mint, lime juice, sour cream, and some salt into a blender
- Blend until creamy and smooth and garnish with more cilantro or mint

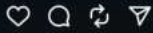
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whatwegrewpgc For my FLOSN meal, I made a sweet potato, brown lentil, and pepper quesadilla with Mexican-style corn and a creamy avocado dip. I followed the FLOSN principles (Fresh, Local, Organic, Seasonal, and Nutritious) and used mostly ingredients I already had at home or from my garden. The total cost came to about \$3.60 per person, making it both sustainable and affordable. Cooking this meal taught me how easy it can be to make sustainable choices by using what I already have and focusing on local, seasonal ingredients. I was surprised by how much my family enjoyed it and how flavorful it turned out.

Recipe (Serves 2):

Quesadilla:

2 large tortillas, 1 cup shredded cheese, 1 sweet potato (mashed), ½ cup cooked brown lentils, 1 jalapeño, 1 green pepper, 1 tbsp olive oil, salt and pepper to taste.

Mexican-style Corn:

1 corn cob, 1 tbsp butter, 2 tbsp feta or cotija cheese, ½ lime, chili powder, and a pinch of salt.

Avocado Dip:

1 avocado, 2 tbsp sour cream, 1 jalapeño, 1 tomato (diced), 1 tbsp cilantro, ½ tsp mint, juice of ½ lime, and salt to taste.

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