

VEGETABLE QUESADILLA

MEAL COMPONENT CONTRIBUTION:

1¼ oz. eq. meat/meat alternate, 1¼ oz. eq. whole grains, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ½ quesadilla

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Tortilla, Soft Flour, 8", #1222	50 tortillas
Peppers, Green, Diced, Frozen, #1613	3 3/4 cups + 4 ounces
Onions, Frozen, Diced, #1610	2 cups
Beans, Black, Turtle, Dry, #10 Can, Low Sodium, #2800	2 quarts + 3/4 cup
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	1 quart + 2 1/2 cups
Tomatoes, Whole, Red, Ripe, Raw, #4110	1 pound
Chili Powder, #2703	2 tablespoons
Cumin Seed, Ground, #2706	2 tablespoons
Onion Powder, #2714	1 tablespoon + 1 teaspoon
Paprika, Ground, Domestic, #2716	1 tablespoon + 1 teaspoon
Cheese, American, Grated/Shredded, #1306	1 pound + 9 ounces
Cheese, Cheddar, Low Fat, Shredded, USDA, #B027	1 pound + 9 ounces
Pan Release Spray, Vegetable Oil, #2514	10 second spray

DIRECTIONS

1. Thaw the onions and peppers in the refrigerator overnight. On the day of the assembly, drain them thoroughly.
2. Drain the liquid from the beans.
3. For 50 servings, line 3 sheet pans (18" x 26" x 1") with pan liner. Place 8-9 tortillas side by side on each pan (use a total of 50 tortillas). Reserve these tortillas for step 5.
4. Combine the peppers, onions, black beans, and corn in a braising pan, steam jacketed kettle, or largest stock pot. Cook them on medium heat for 5 minutes.
5. Rinse the tomatoes under cool, running water., then drain them thoroughly. Core and dice the tomatoes then add them to the vegetable mixture. Drain excess liquid.
6. Combine the chili powder, cumin, onion powder, and paprika in a small container. Add the spice mixture to the vegetable mixture and mix well to combine.
7. To assemble the quesadillas:
 - Sprinkle each tortilla with #30 scoop of grated American cheese.
 - Spread 1 cup of vegetable mixture onto each tortilla.
 - Sprinkle #30 scoop of grated cheddar cheese over the bean mixture.
 - Place the remaining tortillas on top, pressing down gently.
 - Spray tortillas with pan release spray to aid browning.

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DIRECTIONS

8. Bake until tops are golden brown:
 - Conventional oven: 400 degrees F for 10 minutes.
 - Convection oven: 375 degrees F for 7 minutes.
- CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
9. Allow the quesadillas to stand for 5 minutes, then cut the quesadillas in half.
 10. Portion one half of a quesadilla for each serving. One portion provides 1¼ oz. eq. meat/meat alternate, 1¼ oz. eq. whole grains, and 1/8 cup other vegetable.
 11. Alternate assembly instructions:
 - Sprinkle 1 tablespoon of cheese over half of each tortilla on the sheet pan.
 - Spoon ½ cup of vegetable mixture over the same half of each tortilla.
 - Sprinkle 1 tablespoon of cheese over the mixture and fold the tortilla in half and gently press folded tortilla down.
 - Spray with food release spray.
 - Bake as directed.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for entrées.

ALTERNATE FOLDING DIRECTIONS

NUTRIENTS PER SERVING

Calories	274	Dietary Fiber	6.02 g	Sodium	431.00 mg	Sat. Fat	6.56 g
Carbohydrates	33.38 g	Protein	13.36 g	Total Fat	11.33 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF VEGETABLE QUESADILLA

1.



Peppers, onions, black beans, corn, tomatoes, and spices combined in a pot

2.



Tortillas with vegetable mixture and cheese - this picture demonstrates both the cut and the folded method.

3.



Baked Vegetable Quesadillas - this picture demonstrates both the cut and the folded method.

4.



Serving of Vegetable Tortilla (using 2 tortillas that were cut to make two servings)

5.



1 serving of Vegetable Quesadilla (using 2 tortillas that were cut to make two servings)

6.



1 serving of Vegetable Quesadilla (using the alternate method of 1 tortilla that was folded over)