

Vegetable Quesadilla

Main Dishes

D-52

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched flour tortilla, 6" soft (at least 0.9 oz)		50 each	100 each		1. For 50 servings, line 3 sheet pans (18" x 26" x 1") with parchment paper. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). For 100 servings, line 5 sheet pans (18" x 26" x 1") with parchment paper. Place 10 tortillas side by side on each pan (use a total of 50 tortillas). Reserve for step 5.
* Fresh green peppers, chopped	1 lb 4 oz	3 ¾ cups 2 Tbsp	2 lb 8 oz	1 qt 3 ¾ cups	2. Combine peppers, onions, black beans, and corn. Heat on medium heat for 5 minutes.
* Fresh onions, chopped	15 oz	2 ½ cups	1 lb 14 oz	1 qt 1 cup	
Canned black beans, drained	1 lb 15 oz	1 qt 3 cups (½ No. 10 can)	3 lb 14 oz	3 qt 2 cups (1 No. 10 can)	
Canned corn, liquid packed whole kernel, drained	2 lb 1 oz	2 qt 3 cups (½ No. 10 can)	4 lb 2 oz	1 gal 1 ½ qt (1 No. 10 can)	
* Fresh tomatoes, diced	15 oz	2 ¾ cups	1 lb 14 oz	1 qt 1 ½ cups	3. Add tomatoes to vegetable mixture and drain excess liquid.
Chili powder		2 Tbsp		¼ cup	4. Add chili powder, curmin, onion powder, and paprika to vegetable mixture.
Ground cumin		2 Tbsp		¼ cup	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Reduced fat Monterey Jack, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	5. Sprinkle each tortilla with ¼ cup of Monterey Jack cheese.
Reduced fat Cheddar cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	6. Spoon 1 cup 1 Tbsp vegetable mixture on to each tortilla. 7. Sprinkle each tortilla with ¼ cup Cheddar cheese.
					8. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning.
					9. Bake until tops are golden brown: Conventional oven: 400° F for 10 minutes Convection oven: 375° F for 7 minutes
					10. Allow quesadilla to stand for 5 minutes.

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11. Cut each quesadilla in half and serve.
One portion is ½ quesadilla.

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Green peppers	1 lb 9 oz	3 lb 2 oz
Mature onions	1 lb 1 oz	2 lb 2 oz
Tomatoes	1 lb 2 oz	2 lb 4 oz

SERVING:

1 serving provides 1 ¼ oz equivalent meat/meat alternate, ½ cup vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: 50 quesadilla halves

50 Servings: 2 gallons 1 ⅓ quarts (filling)
3 sheet pans

100 Servings: 100 quesadilla halves

100 Servings: 4 gallons 2 ⅔ quarts (filling)
5 sheet pans

Tested 2004

Nutrients Per Serving

Calories	249	Saturated Fat	4.23 g	Iron	1.98 mg
Protein	12.74 g	Cholesterol	17 mg	Calcium	282 mg
Carbohydrate	25.77 g	Vitamin A	435 IU	Sodium	459 mg
Total Fat	8.22 g	Vitamin C	11.9 mg	Dietary Fiber	2.7 g