Idaho Child Nutrition

Recipe: 000416 Whole Wheat Veg Quesadilla
Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: SERVINGS

900128 Tortilla, 8" whole wheat commodity.....	50 Tortilla	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.
011333 PEPPERS,SWEET,GREEN,RAW..... 011282 ONIONS,RAW..... 016153 BEANS,BLACK,CND,DRND..... 011172 CORN,SWT,YEL,CND,WHL KERNEL,DRND SOL..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 002009 CHILI POWDER..... 090016 CUMIN,GROUND..... 002026 ONION POWDER..... 002028 PAPRIKA.....	1 LB, chopped + 4 OZ, chopped 15 OZ, chopped 1/2 #10 Can + 15 OZ 1/2 #10 Can,drained 15 OZ 2 TBSP 2 TBSP 1 TBSP + 1 TSP 1 TBSP + 1 TSP	2. Combine peppers, onions, black beans, and corn. Heat on medium heat for 5 minutes. 3. Add diced tomatoes to vegetable mixture and drain excess liquid. 4. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
042155 CHEESE,MONTEREY,LOW FAT..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1 LB + 9 OZ 1 LB + 9 OZ	5. Sprinkle each tortilla with ¼ cup of Monterey Jack cheese. 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. 11. Cut each quesadilla in half and serve. One portion is ½ quesadilla.

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Food as Purchased

	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, ? cup vegetable, and 1 serving of grains/breads.

Calories	318		Iron	2.62	mg	Protein	15.82	g	19.92% Calories from Prot
Cholesterol	12	mg	Calcium	287.23	mg	Carbohydrates	34.86	g	43.90% Calories from Carb
Sodium	730	mg	Vitamin A	436	IU	Total Fat	7.21	g	20.41% Calories from T Fat
Dietary Fiber	6.13	g	Vitamin C	14.66	mg	Saturated Fat	3.23	g	9.14% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900128	Tortilla, 8" whole wheat commodity			
I	011333	PEPPERS,SWEET,GREEN,RAW			
I	011282	ONIONS,RAW			
I	016153	BEANS,BLACK,CND,DRND			
I	011172	CORN,SWT,YEL,CND,WHL KERNEL,DRND SO			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	002026	ONION POWDER			

I	002028	PAPRIKA			
I	042155	CHEESE,MONTEREY,LOW FAT			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			