

# Vegetable Quesadilla

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, cumin, 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.
					6. Spoon 1 cup 1 Tbsp vegetable mixture on to each tortilla.
Reduced fat Cheddar cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	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.

# Vegetable Quesadilla

Main Dishes

D-52

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, ⅓ cup vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** 50 quesadilla halves

**100 Servings:** 100 quesadilla halves

### VOLUME:

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

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

Tested 2004

## Nutrients Per Serving

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