



Vegetable Quesadilla

USDA Recipe for CACFP

Our Vegetable Quesadilla is a scrumptious combination of black beans, corn, peppers, and Mexican spices, all in a warm whole-grain tortilla.

CACFP CREDITING INFORMATION

1 quesadilla provides

Legume as Meat Alternate: 0.5 oz meat alternate, ¼ cup vegetable, and 1.5 oz equivalent grains. **OR**

Legume as Vegetable: 0.25 oz equivalent meat alternate, ¼ cup vegetable, and 1.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium corn, drained	1 lb	2 ¼ cups (approx. ¼ No. 10 can)	2 lb	1 qt ½ cup (approx. ½ No. 10 can)	1 In a medium stock pot, add corn, onions, peppers, and black beans. Sauté uncovered over medium–high heat for 2 minutes.
*Fresh onions, chopped	8 oz	½ cup	1 lb	1 cup	
*Fresh green bell peppers, chopped	12 oz	1 ⅓ cups	1 lb 8 oz	3 ⅓ cups	
Canned low-sodium black beans, drained, rinsed	1 lb	1 ¾ cups (approx. ¼ No. 10 can)	2 lb	3 ½ cups (approx. ½ No. 10 can)	
OR Dry black beans, cooked (see Notes)	1 lb	1 ¾ cups	2 lb	3 ½ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		1 Tbsp		2 Tbsp	<p>2 Add chili powder, cumin, onion powder, paprika, and ancho chili powder. Stir to combine spices well. Heat uncovered over medium-high heat for 2 minutes, stirring frequently. Remove from heat. Set corn mixture aside for step 4.</p> <p>3 Critical Control Point: Heat to 140 °F or higher.</p>
Cumin		1 Tbsp		2 Tbsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Ancho chili powder OR Mexican seasoning mix (see Notes)		1 Tbsp 1 Tbsp		2 Tbsp 2 Tbsp	
*Fresh tomatoes, diced	8 oz	1 cup 1 Tbsp	1 lb	2 cups 2 Tbsp	<p>4 Combine corn mixture, tomatoes, and cheese in a large bowl. Toss well. Set aside for step 6.</p>
Low-fat Monterey Jack cheese, shredded	8 oz	2 cups	1 lb	1 qt	
Whole-grain tortillas, 8" (1 ½ oz each)	2 lb 5 ½ oz	25 each	4 lb 11 oz	50 each	<p>5 Place tortillas on a sheet pan (18" x 26" x 1").</p> <p>For 25 servings, use 2 pans (13 tortillas on 1 pan and 12 tortillas on 1 pan). For 50 servings, use 4 pans (13 tortillas on 3 pans and 11 tortillas on 1 pan).</p> <p>6 Using a 4 fl oz spoodle, portion ½ cup 2 ½ tsp (about 2 ¾ oz) corn and tomato mixture on right side of each tortilla. Fold left side of each tortilla over mixture, and press down gently.</p> <p>7 Critical Control Point: Hold for hot service for 140 °F or higher.</p> <p>8 Serve 1 quesadilla.</p>



NUTRITION INFORMATION

For 1 quesadilla.

NUTRIENTS	AMOUNT
Calories	195
Total Fat	2 g
Saturated Fat	2 g
Cholesterol	6 mg
Sodium	399 mg
Total Carbohydrate	30 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	1IU
Calcium	80 mg
Iron	1 mg
Potassium	153 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb 9 oz	About 9 lb 2 oz
About 2 qt	About 1 gal
1 ½ cups/25 quesadillas	2 ¼ cups/50 quesadillas

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Green bell peppers	15 oz	1 lb 14 oz
Tomatoes	10 oz	1 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

Mexican Seasoning Mix ¾ Cup (About 4 ½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

