



# Vegetable Quesadilla

## USDA Recipe for Schools

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

### NSLP/SBP CREDITING INFORMATION

**1 quesadilla provides**

**Legume as Meat Alternate: 0.5 oz equivalent meat alternate, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1.5 oz equivalent grains.**

**OR**

**Legume as Vegetable: 0.25 oz equivalent meat alternate, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1.5 oz equivalent grains.**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium corn, drained	2 lb	1 qt 1/2 cup (approx. 1/2 No. 10 can)	4 lb	2 qt 1 cup (approx. 1 No. 10 can)	<b>1</b> In a medium stock pot, add corn, onions, peppers, and black beans. Sauté uncovered over medium–high heat for 2 minutes.  <b>2</b> Preheat oven to 350°F.
*Fresh onions, chopped	1 lb	1 cup	2 lb	2 cups	
*Fresh green bell peppers, chopped	1 lb 8 oz	3 1/2 cups	3 lb	1 qt 2 2/3 cups	
Canned low-sodium black beans, drained, rinsed	2 lb	3 1/2 cups (approx. 1/2 No. 10 can)	4 lb	1 qt 3 cups (approx. 1 No. 10 can)	
OR					
Dry black beans, cooked (see Notes)	2 lb	3 1/2 cups	4 lb	1 qt 3 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		2 Tbsp		¼ cup	<p><b>3</b> 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><b>4</b> Critical Control Point: Heat to 135 °F or higher.</p>
Cumin		2 Tbsp		¼ cup	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ancho chili powder OR Mexican seasoning mix (see Notes)		2 Tbsp 2 Tbsp		¼ cup ¼ cup	
*Fresh tomatoes, diced	1 lb	2 cups 2 Tbsp	2 lb	1 qt ¼ cup	<p><b>5</b> Combine corn mixture, tomatoes, and cheese in a large bowl. Toss well. Set aside for step 6.</p>
Low-fat Monterey Jack cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Whole-grain tortillas, 8"	4 lb 11 oz	50 each	9 lb 6 oz	100 each	<p><b>6</b> Place tortillas on a sheet pan (18" x 26" x 1"). For 50 servings, use 4 pans (13 tortillas on 3 pans and 11 tortillas on 1 pan). For 100 servings, use 8 pans (13 tortillas on 7 pans and 9 tortillas on 1 pan).</p>
Canola oil		¼ cup		1½ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray					<p><b>8</b> Spray outside of filled quesadillas with nonstick cooking spray. Bake for 15 minutes.</p>
					<p><b>9</b> Critical Control Point: Hold for hot service for 135 °F or higher.</p>
					<p><b>10</b> Serve 1 quesadilla.</p>



**NUTRITION INFORMATION**

For 1 quesadilla.

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

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**YIELD/VOLUME**

50 Servings	100 Servings
About 9 lb 2 oz	About 18 lb 4 oz
About 1 gal 2 ¼ cups/50 quesadillas	About 2 gal 1 qt ½ cup/100 quesadillas

**MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Green bell peppers	1 lb 14 oz	3 lb 12 oz
Tomatoes	1 lb 4 oz	2 lb 8 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 135 °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.

