

Chicken and Veggie Quesadilla



This quesadilla will delight your taste buds with flavorful chicken, zesty peppers, black beans, and corn!

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 1 hour
Cook Time: 1 hour 25 minutes

NSLP/SBP crediting information:

1 quesadilla provides

Crediting Black Beans as Meat Alternate: 2 ½ oz equivalent meats/meat alternates, ⅛ cup starchy vegetable, ⅛ cup red/orange vegetable, ⅛ cup additional vegetable, 1 ½ oz equivalent grains.

Or

Crediting Black Beans as Vegetable: 1 ¾ oz equivalent meats/meat alternates, ⅛ cup starchy vegetable, ⅛ cup red/orange vegetable, ⅛ cup vegetable (legumes), ⅛ cup additional vegetable, 1 ½ oz equivalent grains.

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|------------------------------------|-------------|---------|--------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken breast, boneless, skinless | 6 lb | | 12 lb | | <ol style="list-style-type: none"> 1. Cook chicken in a 350 °F oven for 50-60 minutes. Critical Control Point: Chicken must reach an internal temperature of 165 °F or higher for at least 15 seconds. 2. Shred chicken. |

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|---|-------------|---------------|--------------|------------------|---|
| | Weight | Measure | Weight | Measure | |
| Mexican seasoning | ½ oz | 2 Tbsp | 1 oz | ¼ cup | <p>3. Toss chicken with seasoning (see step 12) until evenly coated and set chicken aside.</p> <p>Critical Control Point: Hold at 135 °F or higher or below 41 °F.</p> |
| Filling: | | | | | |
| Sweet corn, whole kernel, frozen | 3 lb 14 oz | 2 qt ½ cup | 7 lb 12 oz | 1 gal 1 cup | <p>4. Combine the vegetables, cheese, and chicken in a large bowl until all the ingredients are evenly distributed.</p> |
| *Red peppers, diced | 2 lb 7 oz | 2 qt ½ cup | 4 lb 14 oz | 1 gal 1 cup | |
| Black beans, drained and rinsed | 3 lb 11 oz | 2 qt ½ cup | 7 lb 6 oz | 1 gal 1 cup | |
| *Green onion, diced | 8 ½ oz | 3 cups | 1 lb 1 oz | 1 qt 2 cups | |
| Mexican blend cheese, reduced fat, shredded | 1 lb 8 oz | 1 qt 1 ¼ cups | 3 lb | 2 qt 2 ½ cups | |
| Whole grain tortillas (8") | | 50 each | | 100 each | <p>5. Lay the tortillas out on a flat surface.</p> <p>6. Place 1 cup of filling on each tortilla, spreading the filling to cover one-half of the tortilla.</p> <p>7. Fold the empty half of each tortilla over, to cover the filling.</p> <p>8. Place the quesadillas on a sheet pan that has been sprayed with pan spray.</p> <p>9. Spray the tops of the quesadillas with pan spray.</p> <p>10. Bake at 350 °F for 20-25 minutes.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>11. Serve 1 quesadilla.</p> |

| INGREDIENTS | 50 SERVINGS | | 100 SERVINGS | | DIRECTIONS |
|---------------------------|-------------|--------------|--------------|--------------|--|
| | Weight | Measure | Weight | Measure | |
| Mexican Seasoning: | | | | | |
| Oregano, dried | | 1 Tbsp | | 2 Tbsp | 12. Prepare Mexican Seasoning: Combine seasoning ingredients and store in an air-tight container. |
| Garlic powder | | 1 Tbsp | | 2 Tbsp | |
| Cinnamon, ground | | ¼ tsp | | ½ tsp | |
| Sugar | | 2 tsp | | 1 Tbsp 1 tsp | |
| Chili powder | | 2 Tbsp | | ¼ cup | |
| Cumin, ground | | 1 Tbsp | | 2 Tbsp | |
| Paprika | | 1 Tbsp 2 tsp | | 3 Tbsp 1 tsp | |
| Onion powder | | 1 Tbsp 2 tsp | | 3 Tbsp 1 tsp | |
| Onion, dried and minced | | 2 Tbsp | | ¼ cup | |



**CHICKEN AND VEGGIE QUESADILLA
NUTRITION INFORMATION**

For 1 Quesadilla

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 266 |
| <hr/> | |
| Total Fat | 7 g |
| Saturated Fat | 3 g |
| Cholesterol | 25 mg |
| Sodium | 360 mg |
| Total Carbohydrate | 34 g |
| Dietary Fiber | 7 g |
| Total Sugars | 3 g |
| Added Sugars included | N/A |
| Protein | 17 g |
| <hr/> | |
| Vitamin A | N/A |
| Vitamin C | N/A |
| Vitamin D | N/A |
| Calcium | 243 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A=data not available.

| *MARKETING GUIDE | | |
|------------------------------|--------------------|---------------------|
| Food as Purchased for | 50 Servings | 100 Servings |
| Red peppers, fresh | 3 lb | 6 lb |
| Onion, green, fresh | 0.6 lb | 1.3 lb |

| 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 |

| YIELD/VOLUME | |
|--------------------------------|---------------------------------|
| 50 Servings | 100 Servings |
| About 5.5 gal or 18 lb 13.3 oz | About 11.1 gal or 37 lb 10 ½ oz |

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

