



# Chicken Mushroom Quesadilla

A savory chicken quesadilla with roasted mushrooms, onions, and peppers.

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

**Preparation Time:** 2 hours

**Cook Time:** 30 minutes

**NSLP/SBP crediting information:**

1 quesadilla provides 2 oz equivalent meats/meat alternates, 1/8 cup other vegetable, 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Mushrooms, white, raw	3 lb 2 3/4 oz	3 qt 2 1/2 cups	6 lb 5 1/2 oz	1 gal 3 qt 1 cup	<ol style="list-style-type: none"> <li>1. Preheat convection oven to 400 °F.</li> <li>2. Cut mushrooms into a rough chop, about a medium dice. Line a sheet tray with foil. Spray with non-stick spray.</li> <li>3. Spread mushrooms and vegetable blend in a single layer and spray the tops with non-stick spray. Roast in oven for 15-20 minutes or until mushrooms are golden brown.</li> <li>4. In a medium mixing bowl, combine chipotle chili powder, cumin, oregano, garlic powder, and black pepper. Add chicken and mix well to coat.</li> </ol>
Pepper/onion blend, no salt added, frozen, thawed, 1/4" slices	9 1/3 oz	3 1/2 cups	1 lb 2 2/3 oz	1 qt 3 cups	
Chipotle chili powder		1/4 cup		1/2 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Oregano		¼ cup		½ cup	
Garlic powder		3 Tbsp ½ tsp		¼ cup 2 Tbsp 1 tsp	
Black pepper		1 Tbsp		2 Tbsp	
Chicken, cooked, frozen, thawed, diced, ¼"	4 lb 11 oz	3 qt 2 ⅓ cups	9 lb 6 oz	1 gal 3 qt ⅔ cup	
Cheese, cheddar, non-fat	2 lb ½ oz	2 qt 1 ½ cups	4 lb 1 oz	1 gal 3 cups	<p>5. Grate cheese on a medium size grate.</p> <p>6. In a large plastic container or bowl, combine seasoned chicken, cooked mushrooms and vegetables, and cheese.</p>
9" whole wheat pressed flour tortillas	6 lb 3 1/5 oz	50 each	12 lb 6 2/5 oz	100 each	<p>7. Reduce oven temperature to 350 °F.</p> <p>For 50 servings, lightly spray 6 full-size sheet trays with non-stick cooking spray.</p> <p>For 100 servings, lightly spray 12 full-size sheet trays with non-stick cooking spray.</p> <p>8. Arrange tortillas in single layers on the trays, 8-9 per tray. Use a No. 6 scoop to portion the chicken/mushroom/vegetable/cheese mixture onto half of each tortilla. Fold each tortilla in half and shingle the tortillas on the pan. Spray the outside of tortillas with cooking spray.</p> <p>9. Bake in oven for 7-10 minutes until the bottom sides are browned. Flip the quesadillas. Remove when both sides have browned.</p> <p><b>Critical Control Point:</b> Heat to 165 °F or higher for 15 seconds.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>10. Serve 1 quesadilla on a plate or paper boat.</p> <p><b>Critical Control Point:</b> Hold for hot service at 140 °F or higher.</p>



**CHICKEN MUSHROOM QUESADILLA  
NUTRITION INFORMATION**

For 1 quesadilla

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>235</b>
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<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	35 mg
<b>Sodium</b>	<b>449 mg</b>
<b>Total Carbohydrate</b>	<b>27 g</b>
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>20 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	201 mg
Iron	2 mg
Potassium	268 mg

N/A=data not available.

**\*MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mushrooms	3 lb 4 oz	6 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.

Optional accompaniments to increase vegetable crediting in this recipe include shredded lettuce, salsa, and/or diced tomatoes.

Cooking Process #2: Same day service

**YIELD/VOLUME**

50 Servings	100 Servings
50 quesadillas About 16 lb 13 oz	100 quesadillas About 33 lb 11 oz

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

