



Make it Fresh with Cooking Counts

Lesson Plans for: *Chicken and Veggie Quesadilla*

Course Description:

This hands-on training will introduce you to the *Chicken Veggie Quesadilla* recipe and help you better understand the process of making it by following the standardized recipe.

Estimated class time: 3 hours

Local Ingredients:

This recipe features the following local ingredient(s): chicken, sweet corn, red peppers, black beans and onions.

[Choose Iowa Food of the Month Resources](#)

Preparation:

Equipment Needed	Grocery List
Sheet pans	Boneless skinless chicken breast
Spatula	Sweet corn
Mixing bowls	Red peppers
Cutting board	Black beans
Knife	Green onions
	Mexican blend cheese
	Whole grain flour tortillas
	Dried oregano
	Garlic powder
	Cinnamon
	Sugar
	Chili powder
	Cumin
	Paprika
	Onion powder
	Dried minced onion

Opening Remarks:

Today's lesson is Chicken and Veggie Quesadilla. This recipe contains a recipe for Mexican seasoning that can be made up ahead of time and used when needed. This seasoning adds great flavor and no sodium!

Understand the Ingredients and Methods:

The recipe we are using today uses the muffin method. This mixing method is used for muffins, pancakes, waffles and many loaf-type quick breads. This method is fast and easy. However, the danger is the dough can quickly become overmixed, resulting in toughness and tunneling. Muffin batter should be mixed only until the dry ingredients are just moistened. Do not attempt to achieve a smooth batter.



Most flavorings need heat to release their flavors and provide time for the flavors to blend. Whole spices take the longest, ground spices release flavors more quickly. Too much cooking results in loss of flavor. Most flavors, whether in spices or in main ingredients, evaporate when heated. That is why you can smell food cooking.

- The most important time to season liquid foods is at the end of the cooking process as liquids evaporate and flavor intensity changes during cooking.
- Salt and or the seasonings are added at the beginning of cooking, particularly for larger pieces of food, to allow for flavors to be absorbed.
- Flavorings such as fresh herbs are added at the end of cooking.
- The flavor of an ingredient will also be different if it is raw vs. cooked and can change more based on the cooking method used.

Show video:

[Chicken Veggie Quesadilla](#)

Lab:

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

Discussion and Evaluation:

1. Did you achieve the yield identified on the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?