

SCRATCH VS SPEED-SCRATCH RECIPE COMPARISON

To help illustrate the differences between scratch and speed-scratch food preparation recipes, two vegetable quesadilla recipes are presented for comparison. These recipes, adapted from the [Vegetable Quesadilla - USDA Recipe for Schools](#), have not been tested nor standardized and are for illustrative purposes only. Read through the ingredients and directions of the *Vegetable Quesadilla Scratch Recipe* below and then compare it to the *Vegetable Quesadilla Speed-Scratch Recipe* on the following page to note the differences.

Vegetable Quesadilla Scratch Recipe

Ingredients	100 Servings	
	Weight	Measure
Canola oil		½ cup
Fresh green bell peppers, chopped	3 lb	1 qt 2 ⅓ cups
Fresh onions, chopped	2 lb	2 cups
Canned low-sodium corn, drained	4 lb	2 qt 1 cup (approx. 1 No. 10 can)
Canned low-sodium black beans, drained, rinsed	4 lb	1 qt 3 cups (approx. 1 No. 10 can)
Chili powder		¼ cup
Cumin		¼ cup
Ancho chili powder		¼ cup
Onion powder		2 Tbsp 2 tsp
Paprika		2 Tbsp 2 tsp
Fresh tomatoes, diced	2 lb	1 qt ¼ cup
Low-fat Monterey Jack cheese, shredded	2 lb	2 qt
Whole-grain tortillas, 8" (1.5 oz each)		100 each
Nonstick cooking spray		

DIRECTIONS

1. Preheat oven to 350 °F.
2. Heat a medium stock pot over medium-high heat. Add canola oil, bell peppers, and onions. Sauté uncovered for 2 minutes. Add corn and black beans, stir to combine.
3. Add chili powder, cumin, ancho chili powder, onion powder, and paprika. Stir to combine spices well. Heat uncovered over medium-high heat for 2 minutes, stirring frequently. **Critical Control Point: Heat to 135 °F or higher.** Remove from heat. Set corn mixture aside for Step 4.
4. Combine corn mixture, tomatoes, and cheese in a large bowl. Toss well. Set aside for Step 6.
5. Place tortillas on a sheet pan (18" x 26" x 1"). For 100 servings, use 8 pans (13 tortillas on 7 pans and 9 tortillas on 1 pan).
6. Using a 4 fl oz spoodle, portion ½ cup (about 3 ¼ oz) vegetable and cheese mixture on right side of each tortilla. Fold left side of each tortilla over mixture, and press down gently.
7. Spray outside of filled quesadillas with nonstick cooking spray. Bake for 15 minutes. **Critical Control Point: Hold for hot service at 135 °F or higher.**
8. Serve 1 quesadilla.

Please refer to the circled text and call-outs that highlight the differences between the scratch and speed-scratch recipe and provide tips on how to make the speed-scratch recipe even speedier.

Vegetable Quesadilla Speed-Scratch Recipe		
Ingredients	100 Servings	
	Weight	Measure
Canned low-sodium corn, drained	4 lb	2 qt 1 cup (approx. 1 No. 10 can)
Roasted peppers and onions, frozen, IQF, thawed and drained	5 lb	2 qt 1 ½ cup
<p>The raw onions and peppers in the scratch recipe were replaced with IQF frozen onions and peppers. Since the IQF product is already cooked, the culinary step of cooking the corn, beans, onions, and peppers is removed.</p>		
Canned low-sodium black beans, drained, rinsed	4 lb	1 qt 3 cups (approx. 1 No. 10 can)
Fresh tomatoes, diced	2 lb	1 qt ¼ cup
<p>You can purchase pre-diced tomatoes to save additional time.</p>		
Low-fat Monterey Jack cheese, shredded	2 lb	2 qt
Chili powder		¼ cup
Cumin		¼ cup
Ancho chili powder		¼ cup
Onion powder		2 Tbsp 2 tsp
Paprika		2 Tbsp 2 tsp
Whole-grain tortillas, 8'' (1.5 oz each)		100 each
Nonstick cooking spray		
<p>To make an even speedier recipe, replace the spice ingredients with an equivalent amount (1 cup 1 Tbsp 1 tsp) of sodium-free taco seasoning blend.</p>		

DIRECTIONS

1. Preheat oven to 375 °F.
2. Combine corn, peppers and onions, black beans, tomatoes, cheese, chili powder, cumin, ancho chili powder, onion powder, and paprika in a large bowl. Fold mixture to combine. Set aside for Step 4.
3. Place tortillas on a sheet pan (18'' x 26'' x 1''). For 100 servings, use 8 pans (13 tortillas on 7 pans and 9 tortillas on 1 pan).
4. Using a 4 fl oz spoodle, portion ½ cup (about 3 ¼ oz) vegetable and cheese mixture on right side of each tortilla. Fold left side of each tortilla over mixture, and press down gently.
5. Spray outside of filled quesadillas with nonstick cooking spray. Bake the quesadilla in a 375 °F oven for 12 minutes or until the product reaches an internal temperature of 135 °F. **Critical Control Point: Hold for hot service at 135 °F or higher.**
6. Serve 1 quesadilla.

By combining the ingredients and then cooking the quesadilla, we cut out the culinary step of par-cooking the vegetables from the scratch recipe (Steps 2, 3, and 4).

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