

Chicken and Cheese Quesadilla

Main Dish

Recipe KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Spinach, frozen, chopped	4 lbs	2 qt			<ol style="list-style-type: none"> 1. Thaw, drain, and squeeze excess liquid from spinach. 2. Preheat oven to 350°F. 3. Heat oil on medium heat. 4. Add spinach, cooked chicken, garlic powder, and onion powder. 5. Heat spinach and chicken mixture until 165° F. 6. Prepare quesadillas: Place half of the tortillas on a sheet pan (18" x 26" x 1"). Evenly distribute the spinach and chicken mixture on the tortillas. Top 6-inch tortillas with 1/3 cup of shredded cheese and 8-inch tortillas with ½ cup of shredded cheese. 7. Place remaining tortillas on top. 8. Spray the tops of the filled quesadillas with nonstick cooking spray. Bake for 15 minutes. 9. Critical Control Point: Heat to 140° F or higher for at least 15 seconds. 10. Remove from the oven. Cut each 6-inch quesadilla into 4 wedges. Cut each quesadilla 8-inch quesadilla into 6 wedges. 11. One serving = 2 wedges.
Canola oil		1 Tbsp			
Frozen, cooked diced chicken, thawed OR Raw chicken, prepared according to recipe: "chicken for salads and dishes" and diced into ½-inch pieces	3 lb 4 oz cooked	2 qt 2 ½ cup OR 25 servings			
Garlic powder		2 Tbsp 2 tsp			
Onion powder		1 Tbsp 2 tsp			
WGR tortillas, 6" OR WGR tortillas, 8"		50 OR 34			
Mozzarella cheese, low-fat, shredded		2 lbs 4 oz			
Nonstick cooking spray		4 sprays			

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Notes:
Nutrient information in progress.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 2 wedges provides 1.5 oz equivalent meat and about 1 oz equivalent grains.
1-2 years: see menu
3-5 years: see menu
6-18 years: see menu

Nutrients Per Serving		
Calories	Saturated Fat	Iron
Protein	Cholesterol	Calcium
Carbohydrate	Vitamin A	Sodium
Total Fat	Vitamin C	Dietary Fiber