



Quick Quesadilla

Prep time: 30 minutes

Cook time: 20 minutes

Makes: 25 or 50 Servings

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients such as vegetables, cheese, beans, and meat. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan. This allows you to cook several at one time. Try topping these quesadillas with avocado, cilantro, or salsa.



Ingredients

Spinach, frozen, chopped

Dark red kidney beans, canned, no salt added, drained and rinsed or kidney beans, dry, cooked 1 lb 9 oz 1 qt (3/8 No. 10 can) 3 lbs 2 oz 2 qts (3/4 No. 10 can)

Garlic powder

25 Servings

50 Servings

Weight Measure

Weight Measure

4 lbs 9 oz 2 qt 2 1/2 cups

9 lbs 2 oz 5 qts 1 cup

1 Tbsp 1 tsp

2 Tbsp 2 tsp

2 tsp

1 Tbsp 1 tsp

1 tsp

2 tsp

17 each

34 each

Whole-grain tortillas, 8" (at least 51 gm each)

Mozzarella cheese, low-fat, shredded

1lb 9 oz

3 lbs 2 oz

Nonstick cooking spray

2 sprays

4 sprays

Directions

1. Thaw, drain, and squeeze excess liquid from spinach. For 25 servings, yields: 1 qt 2 1/4 cups (1 lb 15 1/4 oz). For 50 servings, yields: 3 qts 1/2 cups (3 lbs 14 1/2 oz).
2. Preheat oven to 350 °F.
3. Place kidney beans in a large microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing using gloved hands (at least 50% of the beans should appear whole). Be careful not to over-mash beans.
6. For 25 servings, mash to yield about 3 1/8 cups. For 50 servings, mash to yield about 1 qt 2 1/4 cups.
7. Heat in microwave for 3 minutes. Stir with a spoon.
8. Prepare quesadillas: Place half of the tortillas on a sheet pan (18" x 26" x 1"). Spread 3/4 cup (6 oz ladle) of spinach on each tortilla. Top each with 3/8 cup (No. 10 scoop) of bean mixture and 3/4 cup of cheese.
9. Place remaining tortillas on top.
10. Spray filled quesadillas with nonstick cooking spray. Bake for 15 minutes. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.

11. Remove from the oven. Cut each quesadilla into 6 wedges.

12. Serve 2 wedges or 1/3 quesadilla. Optional: Serve with sliced or mashed avocado, cilantro or salsa. Critical Control Point: Hold at 140° F or higher.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation in ingredients is available.

Serving

CACFP Crediting Information: 2 wedges or 1/3 quesadilla provides: Legume as Meat Alternate: 1 1/2 oz. equivalent meat alternate, 1/4 vegetable, and 1 oz. equivalent grains OR Legume as Vegetable: 1 oz. equivalent meat alternate, 3/8 cup vegetable, and 1 oz. equivalent grains.

Tips for Soaking Dry Beans

1 lb. dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/quick-quesadilla>.

My Notes

Source: CACFP Multi-Cultural Recipe Project - Team Nutrition: Adapted from CNPP Cultural Recipes.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	203	Vegetables 1/4 cup
Total Fat	6 g	Dark Green 1/4 cup
Saturated Fat	2 g	Grains 1 ounce
Cholesterol	N/A	Meat / Meat Alternate 1 1/2 ounces
Sodium	442 mg	
Total Carbohydrate	26 g	
Dietary Fiber	6 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	14 g	
Vitamin D	N/A	
Calcium	157 mg	
Iron	2 mg	
Potassium	N/A	

N/A - data is not available

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)