

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	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Spinach, frozen, chopped	4 lbs 9 oz	2 qt 2 1/2 cups	9 lbs 2 oz	5 qts 1 cup
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		1 Tbsp	1 tsp	2 Tbsp
Onion powder		2 tsp		1 Tbsp
Chili powder		1 tsp		2 tsp
Whole-grain tortillas, 8" (at least 51 gm each)		17 each		34 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.](#)