

Vegetable Quesadilla for CACFP



25 Servings

CACFP Crediting Information

1 Quesadilla provides:

Legume as Meat Alternate: .5 oz. meat alternate, ¼ cup vegetable, and 1.5 oz. eq. grain (depending on the size of tortilla) OR

Legume as Vegetable: .25oz eq. meat alternate, ¼ cup vegetables, and 1.5 oz. eq. grain (depending on the size of tortilla)

Ingredients	Weight	Volume
Corn, Frozen	1 lb.	2 ¼ c
Fresh Onion, Chopped	8 oz.	½ c
Fresh Green Bell Peppers, Chopped	12 oz.	1 2/3 c
Black Beans, Canned, low-sodium, drained and rinsed	1 lb.	1 ¾ c
Mexican Seasoning Mix		1 TBSP
Fresh Tomatoes, Diced	8 oz.	2 c
Fresh Cilantro, Minced (optional)		
Low- Fat Monterey Jack Cheese, Shredded	8 oz.	2 c
Whole-Grain Tortillas, 8" or 42 grams		25 each

Directions

1. Pour 1 TBSP into a large sauté pan, heat for 2 minutes. Add onions and peppers. Cook until onions are translucent.
2. Add corn and beans to onion mixture. Continue to cook to 140°.
3. Add seasoning, cilantro (if desired) and tomatoes, stir and set aside.
4. Place tortillas on a sheet pan. Using, portion 1/3 cup vegetable mixture on the right side of each tortilla. Spread evenly.
5. Top vegetables on each with 1 ¼ TBSP cheese. Fold left side of each tortilla over mixture, and press down gently.
6. Place sheet pans in oven for 5-7 minutes to allow cheese to melt and heat through.
7. Hold for hot service at 140° or higher.
8. Cut each quesadilla in half and serve each student both halves.

Note: Cheese may be added in step three for faster construction of quesadillas, but cheese will begin to melt.

Mexican Seasoning



Ingredient	Measurement
Dried Oregano	1 TBSP
Garlic Powder	1 TBSP
Ground Cinnamon	¼ tsp
Sugar	2 tsp
Chili Powder	2 TBSP
Ground Cumin	1 TBSP
Paprika	1 TBSP + 2 tsp
Onion Powder	1 TBSP + 2 tsp
Dried Minced Onion	2 TBSP

Directions

1. Combine all ingredients and store in an air-tight container.