Veggie Quesadillas with Cilantro Yogurt Dip

Adapted from: Oregon Harvest for Schools Food Hero

Description: Cooking time is 15 minutes.

Yield: 96 servings

Serving Size: 1 quesadilla

USDA Meal Components: 1.5 oz equivalents meat/meat alternate, 2 oz equivalents grain, ¼ cup additional vegetable

Ingredients:

- 192 6-inch whole grain tortillas
- 6 lb (or 1 gallon 2 qt) mozzarella cheese, shredded
- 5 lb (or 1 gallon) sweet corn kernels
- 4 lb (or 1 gallon) bell pepper, diced
- 3 lb (or 2 qt) beans, black or pinto, drained
- 3 lb (or 2 qt) carrot, shredded
- 2 qt cilantro, chopped
- Optional: 1 lb 8 oz (or 1 qt) jalapeno pepper, seeded, minced

Cilantro Yogurt Dip

- 2 gallons plain nonfat yogurt
- 1 qt cilantro, finely chopped
- 2 Tbsp 2 tsp salt

Directions:

1. Preheat the oven to 350 degrees F. Line a sheet pan with parchment paper and spray lightly with pan-release spray.

2. In a large mixing bowl combine the cheese, corn, bell peppers, beans, carrots, cilantro, and optional jalapeno pepper.
3. Place tortillas in a single layer on the prepared sheet pan. Using a #6 scoop place ⅔ cup of the filling in the center of each tortilla and spread to within ½ inch of the edge of the tortilla. Place a second tortilla on top of the filling. Spray the top tortilla lightly with pan-release spray.
4. Bake in the preheated 350 degrees F oven for about 10-15 minutes until the cheese melts and the tortilla browns slightly.
    a. Critical Control Point: Heat to 165 degrees F or higher for at least 15 seconds.
    b. Critical Control Point: Hold for hot service at 135 degrees F or higher.

For the dip:

1. In a medium mixing bowl combine the yogurt, cilantro, and salt. Stir until well combined.
    a. Critical Control Point: Hold for cold service at 41 degrees F or below.
2. Serve 1 quesadilla per person along with ⅓ cup of the cilantro yogurt dip.

Nutrition Facts

96 Servings Per Recipe	**Amount Per Serving**
Serving Size	1 quesadilla + ⅓ cup cilantro yogurt dip
Calories	397
Total Fat	11 g
Saturated Fat	5 g
Cholesterol	15 mg
Sodium	699 mg
Total Carbohydrate	54 g
Dietary Fiber	7 g
Protein	17 g
Vitamin A	2752 IU
Vitamin C	25 mg
Iron	3 mg
Calcium	423 mg

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