



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, $\frac{1}{4}$ 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 $\frac{2}{3}$ cup of the filling in the center of each tortilla and spread to within $\frac{1}{2}$ 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 $\frac{1}{3}$ cup of the cilantro yogurt dip.



Nutrition Facts

| 96 Servings Per Recipe | Amount Per Serving |
|---------------------------|--|
| Serving Size | 1 quesadilla + $\frac{1}{3}$ 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 |

Filed Under: School