


Pear Quesadillas

 Cooking time: 30 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ¼ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

NSLP: ¼ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

SFSP: ¼ cup Fruit, 1 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Whole grain flour tortillas	1 ounce equivalent is 28 grams	12 8-inch	1 ounce equivalent is 28 grams	24 8-inch
Reduced fat cheddar cheese, grated	6 ounces	1½ cups	12 ounces	3 cups
Low moisture part skim mozzarella cheese, grated	6 ounces	1½ cups	12 ounces	3 cups
Diced pears, canned, drained	2 pounds	1 quart + ½ cup	4 pounds	2 quarts + 1 cup
Red or green bell peppers, finely diced	6 ounces	1 cup + 3 Tablespoons	12 ounces	2 cups + 6 Tablespoons
Minced onion (green, red or yellow)		¼ cup + 2 Tablespoons		¾ cup



Directions

- Preheat the oven to 400° F. Line sheet pans with parchment paper, or spray sheet pans with pan-release spray. For 12 servings use 1 full-size sheet pan or 2 half-sized sheet pans. For 24 servings use 2 full-size sheet pans or 4 half-sized sheet pans.
- Place tortillas in a single layer in a grid pattern on a prep surface and spray one side lightly with pan-release spray. Place tortillas sprayed-side-down onto the prepared sheet pans.
- In a large bowl combine the cheddar cheese, mozzarella cheese, pears, diced bell pepper and minced onions. Mix until evenly blended. Using a No. 6 scoop, place ¾ cup of the pear and cheese mixture on one half of each tortilla, and spread to evenly distribute over the tortilla half. Fold the other half of each tortilla up and over the filling. Rearrange quesadillas on the sheet pans, if needed, so they are at least 3 inches apart.
- Bake, uncovered, in the preheated 400° F oven for about 15 minutes, or until the cheese has melted and the tortilla toasts to a light brown.
CCP: Heat to 165°F or higher for at least 15 seconds.
- Remove from the oven and let rest for 10 minutes before transferring quesadillas from the sheet pans.
CCP: Hold for hot service at 135°F or higher.
Serve 1 quesadilla per portion.

continues

Pear Quesadillas, continued

Serving	Yield	Volume
1 quesadilla	12 or 24 servings each	12 or 24 servings each

Nutrients Per Serving					
Calories	250	Sodium	345 mg	Vitamin A	610 IU
Total Fat	8.9 g	Carbohydrate	31 g	Vitamin C	20 mg
Saturated Fat	4.3 g	Dietary Fiber	5 g	Iron	0.3 mg
Cholesterol	18 mg	Protein	12 g	Calcium	281 mg