# Veggie Quesadillas with Cilantro Yogurt Dip

### 1 Serving Provides:

Cooking time: 15 minutes HACCP Process #2 Same Day Service



CACFP: 1.5 ounces Meat/Meat Alternate, 2 ounce equivalents Grains, 1/4 cup Vegetables

NSLP: 1.5 ounces Meat/Meat Alternate, 2 ounce equivalents Grains, ¼ cup Additional Vegetables

SFSP: 1.5 ounces Meat/Meat Alternate, 2 ounce equivalents Grains, ¼ cup Vegetables

	12 Servings		24 Servings			
Ingredients	Weight	Measure	Weight	Measure		
6-inch whole grain tortillas		24		48		
Mozzarella cheese, shredded	12 ounces	3 cups	1 pound 8 ounces	1 quart + 2 cups		
Sweet corn kernels	10 ounces	2 cups	1 pound 4 ounces	1 quart		
Bell pepper, diced	8 ounces	2 cups	1 pound	1 quart		
Beans, black or pinto, drained	6 ounces	1 cup	12 ounces	2 cups		
Carrot, shredded	6 ounces	1 cup	12 ounces	2 cups		
Cilantro, chopped		1 cup		2 cups		
Jalapeño pepper, seeded, minced (optional)	3 ounces	½ cup	6 ounces	1 cup		
Cilantro Yogurt Dip						
Plain nonfat yogurt		1 quart		2 quarts		
Cilantro, finely chopped		½ cup		1 cup		
Salt		1 teaspoon		2 teaspoons		



#### Directions

- 1. Preheat the oven to 350°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 jalapeño pepper.
- 3. Place tortillas in a single layer on the prepared sheet pan. Using a #6 scoop place <sup>2</sup>/<sub>3</sub> cup of the filling in the center of each tortilla and spread to within <sup>1</sup>/<sub>2</sub> inch of the edge of the tortilla. Place a second tortilla on top of the filling. Spray the top tortillas lightly with pan-release spray.
- 4. Bake in the preheated 350°F oven for about 10–15 minutes until the cheese melts and the tortilla browns slightly.

CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold for hot service at 135°F or higher.

## Veggie Quesadillas with Cilantro Yogurt Dip, continued

#### Directions, continued

For the dip:

1. In a medium mixing bowl combine the yogurt, cilantro, and salt. Stir until well combined.

CCP: Hold for cold service at 41°F or below.

Serve 1 quesadilla per person along with  $\frac{1}{3}$  cup of the cilantro yogurt dip.

Serving	Yield	Volume	Nutrients Per Serving						
1 quesadilla	12 servings, 1 quesadilla each 24 servings, 1 quesadilla each	N/A	Calories Total Fat Saturated Fat	397 11 g 5 q	Sodium Carbohydrate Dietary Fiber	699 mg 54 g 7 g	Vitamin A Vitamin C Iron	2752 IU 25 mg 3 mg	
			Cholesterol	15 mg	Protein	17 g	Calcium	423 mg	

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