


Veggie Quesadillas with Cilantro Yogurt Dip

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



1 Serving Provides:

CACFP: 1.5 ounces Meat/Meat Alternate,
2 ounce equivalents Grains, ¼ 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

Ingredients	12 Servings		24 Servings	
	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 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 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.

continues

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 1/3 cup of the cilantro yogurt dip.

Serving	Yield	Volume
1 quesadilla	12 servings, 1 quesadilla each 24 servings, 1 quesadilla each	N/A

Nutrients Per Serving			
Calories	397	Sodium	699 mg
Total Fat	11 g	Carbohydrate	54 g
Saturated Fat	5 g	Dietary Fiber	7 g
Cholesterol	15 mg	Protein	17 g
		Vitamin A	2752 IU
		Vitamin C	25 mg
		Iron	3 mg
		Calcium	423 mg