



## Quick Quesadilla

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan.

**Makes:** 6 servings      **Prep time:** 20 minutes

**Cook time:** 15 minutes

## the INGREDIENTS

**2¼ cups** spinach, frozen, chopped  
(thawed and drained yields 1½ cups)

**1 cup** kidney beans, dark red, canned, no salt added, drained and rinsed; *or* kidney beans, dry, cooked

**1 teaspoon** garlic powder

**½ teaspoon** onion powder

**¼ teaspoon** chili powder

**4** whole-grain tortillas, 8"  
(at least 51 gm each)

**1½ cups** mozzarella cheese, low-fat, shredded

Nonstick cooking spray

## the DIRECTIONS

1. Thaw, drain, and squeeze excess liquid from spinach.
2. Preheat oven to 350 °F.
3. Place kidney beans in a small microwavable bowl.
4. Add garlic powder, onion powder, and chili powder.
5. Lightly mash beans by squeezing, using gloved hands (at least 50% of the beans should appear whole). Be careful not to overmash beans.
6. Heat in microwave for 1 minute. Stir with a spoon.
7. Prepare quesadillas:
  - a. Place half of the tortillas on a baking sheet. Spread ¾ cup of spinach on each tortilla. Top each with ¾ cup of bean mixture and ¾ cup of cheese.
  - b. Place remaining tortillas on top.
  - c. Spray outside of filled quesadillas with nonstick cooking spray.
8. Bake for 15 minutes. Heat quesadillas to an internal temperature of 140 °F or higher for at least 15 seconds.
9. Cut each quesadilla into 6 wedges.
10. Serve 2 wedges or ⅓ quesadilla.

Critical Control Point: Hold at 140 °F or higher.

*the*

## NUTRITION INFORMATION

For 2 slices wedges or 1/3 quesadilla.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>203</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	10 mg
<b>Sodium</b>	<b>442 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	157 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

*Source:* Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

*the*

## CACFP CREDITING INFORMATION

2 wedges (1/3 quesadilla) provides legume as meat alternate: 1 1/2 oz equivalent meat alternate, 1/4 cup vegetable, and 1 oz equivalent grains; or legume as vegetable: 1 oz equivalent meat alternate, 3/8 cup vegetable, and 1 oz equivalent grains.

*the*

## CHEF TIPS

### Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

**Overnight Method:** Add 1 3/4 qts cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**Quick-Soak Method:** Boil 1 3/4 qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

### Optional

Serve with sliced or mashed avocado, cilantro, or salsa.





# Quick Quesadilla

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients such as vegetables, cheese, beans, and meat. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan. This allows you to cook several at one time. Try topping these quesadillas with avocado, cilantro, or salsa.

### CACFP CREDITING INFORMATION

2 wedges or 1/3 quesadilla provides  
 Legume as Meat Alternate: 1 1/2 oz equivalent meat alternate, 1/4 vegetable, and 1 oz equivalent grains OR Legume as Vegetable: 1 oz equivalent meat alternate, 3/8 cup vegetable, 1 oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Spinach, frozen, chopped	4 lb 9 oz	2 qt 2 1/2 cup	9 lb 2 oz	5 qt 1 cup	<b>1</b> Thaw, drain, and squeeze excess liquid from spinach.  For 25 servings, yields: 1 qt 2 1/4 cups (1 lb 15 1/4 oz). For 50 servings, yields: 3 qt 1/2 cups (3 lb 14 1/2 oz).
Dark-red kidney beans, canned, no-salt-added, drained and rinsed or kidney beans, dry, cooked	1 lb 9 oz	1 qt (3/8 No. 10 can)	3 lb 2 oz	2 qt (3/4 No. 10 can)	<b>2</b> Preheat oven to 350 °F.
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>3</b> Place kidney beans in a large microwavable bowl.
Onion powder		2 tsp		1 Tbsp 1 tsp	
					<b>4</b> Add garlic powder, onion powder, and chili powder.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		1 tsp		2 tsp	<p><b>5</b> Lightly mash beans by squeezing using gloved hands (at least 50% of the beans should appear whole). Be careful not to overmash beans.</p> <p>For 25 servings, mash to yield about 3<sup>1</sup>/<sub>8</sub> cups. For 50 servings, mash to yield about 1 qt 2<sup>1</sup>/<sub>4</sub> cups.</p>
Whole-grain tortillas, 8" (at least 51 gm each)		17 each		34 each	<p><b>6</b> Heat in microwave for 3 minutes. Stir with a spoon.</p>
Mozzarella cheese, low-fat, shredded	1 lb 9 oz		3 lb 2 oz		<p><b>7</b> Prepare quesadillas: Place half of the tortillas on a sheet pan (18" x 26" x 1"). Spread <sup>3</sup>/<sub>4</sub> cup (6 oz ladle) of spinach on each tortilla. Top each with <sup>3</sup>/<sub>8</sub> cup (No. 10 scoop) of bean mixture and <sup>3</sup>/<sub>4</sub> cup of cheese.</p>
					<p><b>8</b> Place remaining tortillas on top.</p>
Nonstick cooking spray		2 sprays		4 sprays	<p><b>9</b> Spray filled quesadillas with nonstick cooking spray. Bake for 15 minutes.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p><b>10</b> Remove from the oven. Cut each quesadilla into 6 wedges.</p>
					<p><b>11</b> Serve 2 wedges or <sup>1</sup>/<sub>3</sub> quesadilla. Optional: Serve with sliced or mashed avocado, cilantro or salsa.</p> <p>Critical Control Point: Hold at 140° F or higher.</p>



**NUTRITION INFORMATION**

For 2 wedges or 1/3 quesadilla.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>203</b>
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Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	157 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Kidney beans, dry	11 oz	1 lb 5 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation in ingredients is available.

**Tips for Soaking Dry Beans**

1 lb dry kidney beans = about 2½ cups dry or 6¼ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**Tips for Cooking Dry Beans**

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
6 lb 12 oz 50 wedges	13 lb 8 oz 100 wedges

