

# Mushroom & Avocado Quesadilla

<b>Recipe:</b>	R-3810	<b>HACCP Process:</b>	Same Day Service	
<b># of Servings:</b>	6.00	<b>Serving Size:</b>	1/2 quesadilla	<b>Source:</b> Loudoun County SD, VA
<b>Grams Per Serving:</b>	117.29	<b>Ounces Per Serving</b>	4.1	<b>Meal Components:</b> 1½ oz. eq. meat/meat alternative, ¼ cup other vegetable and ½ oz. eq. wgr

Ingredients	Measurements	Directions
Fresh Sliced Mushrooms, RTU	6 OZ	1. Ingredients:
Salt	1/2 TSP	
Fresh Avocados	6 OZ	
USDA Lite Mozzarella Cheese, Material #100034	9 OZ	
Tortilla, WG, 6in,	3 EACH, 6" TORTILLA	
Cilantro, Fresh, RTU	1/2 CUP	2. Directions: Heat olive oil in large non-stick skillet over medium-high heat. Add a single layer of mushrooms and cook, without stirring, for about 5 minutes or until mushrooms become red-brown on one side. Add salt, flip mushrooms, and cook about 5 minutes more, until other side is same color.
Pan Spray	1/4 OZ	
		3. Prep: While mushrooms cook, assemble quesadillas. Distribute half the cheeses and all avocado slices on left half of six tortillas. When mushrooms are done, distribute mushrooms and cilantro leaves, among tortillas and top with remaining cheese.
		4. Cook: Fold tortilla in half and grill or warm in skillet until cheese begins to melt, then flip to cook other side. Transfer to cutting board, cut into 2 wedges.
		5. Serve: One wedge of mushroom and avocado quesadilla provides 1½ oz. eq. meat/meat alternative, ¼ cup other vegetables and ½ oz. eq. wgr

**Notes:**

- Production Notes:** Note: all calculations are made using the USDA Food Buying Guide and Product Formulation Statements.
- Serving Notes:** Each serving weighs 117.29 grams or 4.10 oz. Each serving provides 1½ oz. eq. meat/meat alternative, ¼ cup other vegetable and ½ oz. eq. wgr.

**Nutrients Per Serving:**

(per 1/2 quesadilla)

<b>Calories</b>	<b>180.819</b>	<b>Trans Fat (gm)</b>	<b>0.000</b>	<b>Iron (mg)</b>	<b>0.683</b>
<b>Protein (gm)</b>	<b>12.844</b>	<b>Chol (mg)</b>	<b>14.815</b>	<b>Calc (mg)</b>	<b>321.675</b>
<b>Carb (gm)</b>	<b>12.374</b>	<b>Vit A (IU)</b>	<b>279.541</b>	<b>Sodium (mg)</b>	<b>509.906</b>
<b>Tot Fat (gm)</b>	<b>9.447</b>	<b>Vit C (mg)</b>	<b>3.797</b>	<b>Fiber (gm)</b>	<b>3.215</b>
<b>Sat Fat (gm)</b>	<b>3.830</b>			<b>Sugars (gm)</b>	<b>0.758</b>

**Note: \* means nutrient data is missing or not available.****Meal Components:**

(per 1/2 quesadilla)

Fruit (Cups)	Vegetables (Cups)					Other 0.250
	Dark Green	Red/Orange	Beans/Peas	Starchy		
Whole Grain- Rich (Oz. Eq.)	0.500	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	1.500	Fluid Milk (Cups)	

**Allergens:****Milk, Wheat**

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop, or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

**Product not used within 4 hours from when it was removed from the oven will be discarded.**