

BREAKFAST VEGETABLE QUESADILLA

ONE QUESADILLA CREDITS AS:

½ c total vegetable

1 ½ oz eq meat/meat alternate

1 oz eq grains



Students love Southwest flavors and this quesadilla delivers at breakfast. Savory mushrooms and sweet bell peppers combine with eggs and cheese for a filling and delicious breakfast.

Ingredients

50 Servings

- 2 ½ lb Mushrooms, fresh, diced
- 2 ½ lb Sweet bell red peppers, diced
- ½ tsp Salt, kosher
- 1 tsp Pepper, black
- 3 ¼ lb Eggs, frozen, whole, pasteurized
- 1 ½ lb Cheese, cheddar, shredded, low sodium
- 50 each Flour tortilla, whole-grain rich, 8 inch

PICO DE GALLO

- 5 ¾ lb Tomato
- 6 oz Onion
- ¼ c Jalapeno
- 1 c Cilantro, fresh
- 1 tsp Cumin, ground
- 1 tbsp Garlic, granulated
- Scallions, sliced, for garnish, optional

Directions

1. Preheat oven to 425 °F.
2. Combine mushrooms, bell peppers, salt and pepper.
3. Prepare scrambled eggs according to package directions.

TO BUILD QUESADILLA

1. Line a full sheet tray with parchment. Begin by placing 6 tortillas on the sheet tray.
2. Place a #36 scoop (1 ¾ tbsp.) of shredded cheese, a #8 scoop of vegetable mixture and a #30 scoop (1 oz) of scrambled egg on half of the tortilla.
3. Fold the tortilla in half to create a half-moon. Add additional tortillas as space is created on the sheet tray. Twelve quesadillas will fit on a full sheet tray.
4. Bake for 15 minutes. For crispier quesadilla, bake for 20-30 minutes, flipping half way through.
5. Remove core from the tomatoes and cut into quarters.
6. Add tomatoes, onions, jalapeno, cilantro, cumin, and granulated garlic to a food processor. Pulse to chop up until fine consistency.

CCP: Keep cold, below 41 °F

TO SERVE: Top each quesadilla with ¼ c (# 16 scoop) pico de gallo and 1 tbsp of sliced scallions

NOTE: Keep warm for breakfast in the classroom or grab and go.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	230		Sodium	370	(mg)	Total Sugars	6	(g)
Total Fat	9	(g)	Protein	12	(g)	Added Sugar	1	(g)
Saturated Fat	4	(g)	Total Carbohydrate	29	(g)	Calcium	159	(mg)
Cholesterol	90	(mg)	Dietary Fiber	5	(g)	Iron	3	(mg)