

GR-273512 · Mushroom & Avocado Quesadilla · 1 each · 50 servings

Grain: 2

Meat: 3

Other Veg: 1/2

Milk

Wheat

Section 1

Oil, extra virgin olive, salad or cooking
1 c

Mushrooms, white, fresh, raw, slices
3 1/8 qt

Salt, table
2 3/4 tbsp

Cheese, mozzarella, nonfat
9 3/8 lb

Avocados, Fresh, Raw, All Sizes,
Sliced
3 1/8 qt

Tortilla, Whole Grain, 6"
100 each

Cilantro, Fresh
2 1/8 qt

1. **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.

2. **Prep:** While mushrooms cook, assemble quesadillas.

Distribute 1.5 oz **shredded cheese** and 1/8 cup **avocado slices** on left half of six **tortillas**. When mushrooms are done, distribute 1/8 cup mushrooms and 2 1/2 tablespoons **cilantro** leaves among tortillas.

3. **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.

4. **Serve:** Each student is served 2 quesadillas (4 wedges).

CCP: Hold for hot service at 135°F or higher.



Mushroom & Avocado Quesadilla

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **405**

% Daily Value*

Total Fat 15g **19%**

Saturated Fat 1g **7%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 1244mg **54%**

Total Carbohydrate 35g **13%**

Dietary Fiber 6g **22%**

Sugars 4g

Includes 2g Added Sugars **4%**

Protein 34g **69%**

Vitamin D: 0% DV • Potassium: 3% DV

Calcium: 63% DV • Vitamin A: 4% DV

Iron: 2% DV • Vitamin C: 0% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.