GR-273119 · Breakfast Vegetable Quesadilla · 1 each · 50 servings

Grain: 1 1/2 | Meat: 1 1/2 | Red/Orange: 3/8 | Other Veg: 1/8 | Egg | Milk | Wheat

Mushrooms, white
2 1/2 lb

Peppers, Red, Sweet, Chopped
2 1/2 lb

Salt, table
1/2 tsp

Spices, pepper, black
1 tsp

Egg substitute, liquid or frozen, fat free
3 1/4 lb

Tortilla, Whole Grain, 8"
50 each

Cheese, Cheddar, Shredded
1 1/2 lb

1. Wash vegetables under cold running water to clean.
2. Preheat oven to 425 degrees F.
3. Dice **mushrooms** and **bell peppers**.
4. Combine mushrooms, bell peppers, **salt**, and **black pepper** in a bowl.
5. Prepare **scrambled eggs** according to manufacturer's instructions.

   To Build Quesadilla:

6. Line a full sheet tray with parchment. Begin by placing 6 **tortillas** on the sheet tray.
7. Place a #36 scoop (1 3/4 Tbsp.) of **shredded cheese**, a #8 scoop of the vegetable mixture and a #30 scoop (1 oz.) of scrambled egg on half of the tortilla.
8. 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.
9. Bake for 15 minutes. For crispier quesadillas, bake for 20-30 minutes, flipping half way through.

   CCP: Hot hold at 140 degrees F for service.

Tomatoes, Red, Ripe, Large 5 3/4 lb	**Onions, raw, chopped** 6 oz	**Pepper, Jalapeno, Fresh, Sliced** 1/4 c
Cilantro, Fresh 1 c	**Spice, Cumin, Ground** 1 tsp ground	**Garlic, raw** 1 tbsp

1. **To Prepare Pico De Gallo:**
2. Remove core from **tomatoes** and cut into quarters. Chop onions, jalapeno, and cilantro.
3. 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 degrees F.

   To Serve: Top each quesadilla with 1/4 cup (#16 scoop) pico de gallo an 1 Tbsp. of sliced **scallions**.

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

Breakfast Vegetable Quesadilla

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories	**222**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 14mg	**5%**
Sodium 448mg	**19%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 4g	**13%**
Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 11g	**22%**

Vitamin D: 3% DV	•	Vitamin A: 8% DV
Calcium: 17% DV	•	Vitamin C: 42% DV
Iron: 12% DV	•	Phosphorus: 4% DV
Potassium: 6% 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.