



Title: Southwest Breakfast Quesadilla

Recipe Code No: _____ Category: Breakfast _____ Cooking Process: #2 Same Day Service _____

90 Servings			Directions
Ingredients	Weight	Measure	
Corn, whole kernel, frozen or fresh		1 qt	<ol style="list-style-type: none"> 1. If using frozen corn, thaw overnight in the refrigerator. Thaw eggs in the refrigerator. CCP: Hold at or below 41° F. 2. Preheat convection oven to 325° F. 3. Spray a 4-inch full size steam table pan with pan release. Add eggs to pan and whisk well. Cover and bake at 325° F for 10 minutes. Remove from oven and whisk. Cover, return to oven, and cook for an additional 5 minutes. Remove from oven, then increase oven temperature to 350° F. CCP: Cook to a minimum internal temperature at or above 155° F. 4. While eggs are cooking, drain and rinse black beans. Shake off excess water. Leave in colander to continue to dry while preparing other vegetables. 5. If using fresh corn, remove husks, and cut kernels from cob. 6. Rinse bell pepper under running water. Dice into ¼" pieces. 7. Combine scrambled eggs, black beans, corn, bell pepper, shredded cheese, and spices in a large bowl or container. 8. Spray sheet pans with pan release. Each sheet pan can hold up to 12 quesadillas. 9. Using a no. 10 scoop (about 3½ oz), portion egg mixture to cover the top half of each tortilla. 10. Fold in tortilla in half and place on prepared sheet pans. Bake at 350° F for 10 minutes until golden brown and heated through.
Eggs, liquid, frozen, 5 lb carton		2 cartons	
Beans, black, canned, drained, rinsed		1 (#10) can	
Bell pepper, green, diced		1 ½ cups	
Cheese, cheddar, shredded	4 lb		
Chili powder		3 Tbsp	
Cumin		2 Tbsp	
Paprika		1 Tbsp	
Granulated garlic		2 tsp	
Oregano, dried leaves		2 tsp	

90 Servings			
Ingredients	Weight	Measure	Directions
Tortillas, 8", WG		90 each	CCP: Heat to a minimum internal temperature at or above 165° F. CCP: Hold and serve at or above 135° F.

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Meal Components: 1.5 oz eq WGR Grain, 2.75 oz eq M/MA, 1/8 cup other Vegetable

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Food as Purchased for 90 Servings

Peppers, Bell, fresh, Medium or Large, Whole	12.5 oz
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Serving

1 quesadilla provides 1.5 oz eq WGR grain*, 2.75 oz eq m/ma, and 1/8 cup other vegetable

*Contribution may vary depending on tortilla brand.

Nutrients Per Serving

Calories	319	kcal	Sat Fat	6	g
Protein	17	g	Chol	209	mg
Carb	30	g	Sodium	288	mg
Total Fat	14	g	Dietary Fiber	4	g