



Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dish

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-grain tortilla, 8" (1 oz. each)		50 tortillas		100 tortillas	<ol style="list-style-type: none"> Preheat a conventional oven to 400 degrees F and a convection oven to 375 degrees F. For 50 servings, line 3 sheet pans (18" x 26" x 1") with parchment paper. Place 8 or 9 tortillas side by side on each pan (use a total of 50 tortillas). After you fold them over, you will be able to assemble about 8 more on each pan. For 100 servings, you will place 10 tortillas side by side on each pan. Reserve for step 7. Peel and dice the potatoes if using whole sweet potatoes then place diced sweet potatoes into a pot and cover them with water; bring to a boil. Reduce heat to medium-low and simmer until very tender, about 15 minutes. Drain and transfer to a bowl and mash. If using frozen, mashed sweet potato, thaw the potato and proceed as in step 5. Add the chili powder and cilantro to the mashed potato and mix well. If using frozen corn, place into a pot and heat on medium until thawed.
Sweet potato, peeled, whole	9 lbs 2 oz		18 lbs 4 oz		
OR		12 ½ cups		25 cups	
Frozen, mashed, sweet potato	6 lbs 10 oz		13 lbs 5 oz		
Cilantro, fresh, trimmed, chopped	2 ½ oz (1 bunch)	¾ cup, packed	5 oz	1 ½ cup, packed	
OR					
Cilantro, dry*	0.83 oz	¼ cup	1.6 oz	½ cup	
Chili powder		1 Tbsp		2 Tbsp	
Corn, canned, drained		0.66 of No. 10 can		1.33 No. 10 cans	
OR					
Frozen corn	2 lbs 1 oz	6 ½ cups	4 lbs 2 oz	13 cups	

Black beans, low sodium, canned, drained OR Dry black beans, cooked (see Notes section)	1.8 No. 10 cans 2 lbs 12 oz 1 quart + 2 cups + 2 Tbsp.	3.6 No. 10 cans 5 lbs 8 oz 3 quarts + 1/3 cup	7. Spread ¼ cup of the sweet potato mixture on each tortilla; cover with ¼ cup unheated and rinsed black beans and 1/8 cup of corn. Sprinkle ¼ cup grated cheese over the corn and fold over the tortilla. Repeat with the remaining tortillas and filling.
Reduced fat cheddar cheese, shredded	3 lbs 2 oz 12 ½ cups	6 lbs 4 oz 25 cups	
Pan release spray			8. Spray the tortillas with pan release spray to aid in browning. 9. Bake in preheated oven for 15 minutes or until the tortillas are browned, the quesadillas are heated through and cheese is melted.

SERVING	YIELD	VOLUME
1 serving provides 2 ounce equivalents of meat/meat alternate, 1/8 cup starchy vegetable, ¼ cup red-orange vegetable and 1 ounce equivalent of grain	50 Servings: 50 quesadilla foldovers**	50 servings: 3 sheet pans
	100 servings: 100 quesadilla foldovers**	100 servings: 6 sheet pans

Nutrients Per Serving: 1 quesadilla foldover					
Calories	350	Saturated Fat	4.5 g	Iron	2 mg
Protein	17 g	Cholesterol	15 mg	Calcium	307 mg
Carbohydrates	53 g	Vitamin A	904 mcg	Sodium	340 mg (Note: sodium content depends on whether canned corn and beans are used)
Total Fat	8 g	Vitamin C	16 mg	Dietary Fiber	7 g
		Potassium	493 mg		

*Dry cilantro is typically 1/3 the amount of fresh

**Foldover = one tortilla, filled on one side then folded in half, as pictured:



Notes: **How to cook dry beans:**

Overnight Method: Rinse and pick through the beans to insure that there are no rocks or dirt. Add 1 ¾ quart of cold water to every 1 pound of beans. Cover and allow to soak overnight. In the morning, drain the water. Put the beans into a large pot. Add 1 ¾ quart of fresh water for every pound of beans, bring to a boil then reduce heat and simmer until the beans are tender. Most black beans will cook in 45 minutes to 1.5 hours. Drain and proceed with the recipe.

Quick soak method: Rinse and pick over the beans. Place in a pot with 1 ¾ quarts of water for each pound of dry beans. Bring the pot to a boil and boil for 2-3 minutes. Remove from heat and allow to soak for 1 hour. Drain the water. Return them to the large pot, add 1 ¾ quart of fresh water for every pound of beans, bring to a boil then reduce heat and simmer until the beans are tender. Most black beans will cook in 45 minutes to 1.5 hours. Drain and proceed with the recipe. Periodically, try a taste test or mash a bean against the side of the pot with a fork or spoon. Check occasionally if you need to add more water.



For More Information

louisianafarmtoschool@agcenter.lsu.edu
www.LSUAgCenter.com/LouisianaFarmtoSchool

This Institution is an equal opportunity provider.

