

Kentucky Department of Education

Recipe: 000373 Sheet Pan Chicken Quesadilla

Recipe Source: Jr Chef
Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Montgomery County HS

Number of Portions: 48
Size of Portion: Servings

903200 Pepper, Red..... 002009 CHILI POWDER..... 799986 SALT, KOSHER..... 002031 Red Pepper (or flakes)..... 002030 PEPPER, BLACK..... 799905 OREGANO LEAVES, DRIED..... 002029 PARSLEY, DRIED..... 903055 Italian Herb Seasoning..... 900683 CUMIN, GROUND..... 002020 GARLIC POWDER..... 002026 ONION POWDER.....	3 TSP 3 TSP 1 1/2 TSP 3 TSP 3 TSP 2 TBSP, ground 2 TBSP 2 Tbsp. 4 Tsp. 2 TBSP 2 TBSP	Dry Rub: Mix all seasonings in bowl. Set aside.
903183 Chicken, Diced USDA..... 011333 Peppers, green sweet chopped..... 011821 Peppers, red sweet chopped..... 011951 Peppers, orange sweet chopped..... 011294 Onions, chopped..... 799943 Tomatoes, locally grown..... 051490 Corn, Whole Kernel, No Salt Added, Canned.... 051529 Black Beans, drained and rinsed..... 902946 Tortilla Whole Grain 10 inch..... 799977 CHEESE, MEXICAN, BLEND, RED FAT.....	12 LB 4 1/2 CUP, chopped 4 1/2 CUP, chopped 4 1/2 CUP 4 1/2 CUP 6 CUP, chopped or sliced 4 1/2 CUP 4 1/2 CUP 60 each 15 CUP	Pre heat oven to 425 degrees. Spray sheet pans well with nonstick cooking spray. Place 8 tortilla shells on each sheet pan covering entire surface of pan and overlapping the sides of the pan. Coat chicken well with dry rub. Heat oil in skillet. Drop diced chicken in hot oil and sear. Remove chicken from pan. Place diced peppers and onions in pan and saute slightly. Layer onto panned tortilla shells half of the shredded cheese, chicken, sauteed peppers and onions, fresh diced tomato, corn, black beans and top with half of shredded cheese. Cover with remaining tortilla shells overlapping bottom shells to completely cover contents. Spray well top of shells with nonstick cooking spray. Place a 2nd sheet pan of same size on top of quesadilla. Place in oven. Bake for 20 minutes, then flip contents into 2nd well sprayed sheet pan. repeat process for baking and bake another 10 minutes or until golden crisp. Cut into portions, serve with Patricia's Green Apple Salad and Honey Lime Sauce. CCP: Hold at 135 degrees.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	668 kcal	Cholesterol	*46.50* mg	Sugars	*2.95* g	Calcium	*888.53* mg	35.74%	Calories from Total Fat
Total Fat	26.54 g	Sodium	1345.10 mg	Protein	49.04 g	Iron	*1.35* mg	*11.76%*	Calories from Saturated Fat
Saturated Fat	*8.73* g	Carbohydrates	47.00 g	Vitamin A	*1268.62* IU	Water ¹	*125.25* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*3.43* g	Vitamin C	*66.55* mg	Ash ¹	*3.74* g	28.13%	Calories from Carbohydrates
								29.35%	Calories from Protein

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 4.000 oz				? - Allergen 1
Grain..... 2.250 oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 0.500 cup				? - Allergen 4
Milk..... cup				? - Allergen 5
Moisture & Fat Change				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903183	Chicken, Diced USDA			
I	011333	Peppers, green sweet chopped			
I	011821	Peppers, red sweet chopped			
I	011951	Peppers, orange sweet chopped			
I	011294	Onions, chopped			
I	799943	Tomatoes, locally grown			
I	051490	Corn, Whole Kernel, No Salt Added, Canned			
I	051529	Black Beans, drained and rinsed			
I	902946	Tortilla Whole Grain 10 inch			
I	799977	CHEESE, MEXICAN, BLEND, RED FAT			
I	903200	Pepper, Red			
I	002009	CHILI POWDER			
I	799986	SALT, KOSHER			
I	002031	Red Pepper (or flakes)			
I	002030	PEPPER, BLACK			
I	799905	OREGANO LEAVES, DRIED			
I	002029	PARSLEY, DRIED			
I	903055	Italian Herb Seasoning			
I	900683	CUMIN, GROUND			
I	002020	GARLIC POWDER			
I	002026	ONION POWDER			

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Recipe: 000375 Honey Lime Sauce

Recipe HACCP Process: #1 No Cook

Recipe Source: Jr Chef
 Recipe Group: VEGETABLES

Alternate Recipe Name:
 Number of Portions: 48
 Size of Portion: Servings

011333 Peppers, green sweet chopped..... 011821 Peppers, red sweet chopped..... 011951 Peppers, orange sweet chopped..... 011951 Peppers, orange sweet chopped..... 799946 PEPPERS,JALAPENO,RAW..... 011294 Onions, chopped..... 799968 CILANTRO..... 799939 GARLIC,RAW..... 902410 TOMATOES, CANNED, DICED Low Sodium... 002028 PAPRIKA..... 900683 CUMIN,GROUND..... 799986 SALT, KOSHER..... 002030 PEPPER,BLACK..... 900814 HONEY,RAW..... 009160 LIME JUICE,RAW.....	4 CUP, chopped 4 CUP, chopped 4 CUP 4 CUP 12 TBSP, diced 3 CUP 6 TBSP, MINCED 6 TBSP, MINCED 10 CUP 2 TBSP 2 TBSP 2 TBSP 3 TSP, ground 6 TBSP 12 lime yields	Fine chop all peppers, onion and fresh cilantro; mince garlic cloves. Combine all in mixing bowl. Add canned diced tomatoes, paprika, cumin, salt, black pepper, horey and lime juice. Mix well. CCP: Hold at 41 degrees or below.
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*Nutrients are based upon 1 Portion Size (Servings)

Calories	46 kcal	Cholesterol	0.00 mg	Sugars	*1.98* g	Calcium	36.71 mg	4.80%	Calories from Total Fat
Total Fat	0.24 g	Sodium	204.15 mg	Protein	1.34 g	Iron	0.85 mg	*0.68%*	Calories from Saturated Fat
Saturated Fat	*0.03* g	Carbohydrates	10.67 g	Vitamin A	975.18 IU	Water ¹	*81.16* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.61 g	Vitamin C	93.96 mg	Ash ¹	*0.42* g	93.08%	Calories from Carbohydrates
								11.65%	Calories from Protein

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Miscellaneous			Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz					? - Allergen 1
Grain.....	oz					? - Allergen 2
Fruit.....	cup					? - Allergen 3
Vegetable.....	0.250 cup					? - Allergen 4
Milk.....	cup					? - Allergen 5
Moisture & Fat Change						
Moisture Change.	0%					? - Allergen 6
Fat Change.....	0%					? - Allergen 7
Type of Fat.....						? - Allergen 8

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011333	Peppers, green sweet chopped			
I	011821	Peppers, red sweet chopped			
I	011951	Peppers, orange sweet chopped			
I	011951	Peppers, orange sweet chopped			
I	799946	PEPPERS,JALAPENO,RAW			
I	011294	Onions, chopped			
I	799968	CILANTRO			
I	799939	GARLIC,RAW			
I	902410	TOMATOES, CANNED, DICED Low Sodium			
I	002028	PAPRIKA			
I	900683	CUMIN,GROUND			
I	799986	SALT, KOSHER			
I	002030	PEPPER,BLACK			
I	900814	HONEY,RAW			
I	009160	LIME JUICE,RAW			

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Recipe: 000374 Patricia's Green Apple Salad

Recipe Source: Jr Chef
 Recipe Group: FRUIT

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
 Number of Portions: 48
 Size of Portion: Servings

799963 APPLES, FRESH, GRANNY SMITH, WITH SKIN...	24 large (3-1/4" dia)	Slice apples very thin. Place in large mixing bowl. Add hot sauce (to taste), salt, lemon and lime juices. Mix well, turning apple slices into the juices and seasonings to cover well. Cover and let stand; set aside returning occasionally to mix until ready to serve. CCP: Hold at 41 degrees or below.
902966 Hot Sauce.....	3 TBSP	
903054 Salt, Kosher.....	4 TSP	
009160 LIME JUICE,RAW.....	1 1/2 CUP	
009152 LEMON JUICE,RAW.....	1 1/2 CUP	

*Nutrients are based upon 1 Portion Size (Servings)

Calories	62 kcal	Cholesterol	*0.00* mg	Sugars	*0.32* g	Calcium	*8.25* mg	3.11%	Calories from Total Fat
Total Fat	0.21 g	Sodium	133.41 mg	Protein	0.35 g	Iron	*0.15* mg	0.54%	Calories from Saturated Fat
Saturated Fat	0.04 g	Carbohydrates	16.56 g	Vitamin A	*64.28* IU	Water ¹	*13.90* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.75* g	Vitamin C	*10.37* mg	Ash ¹	*0.04* g	107.24%	Calories from Carbohydrates
								2.26%	Calories from Protein

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	0.500 cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	799963	APPLES, FRESH, GRANNY SMITH, WITH SKIN			
I	902966	Hot Sauce			
I	903054	Salt, Kosher			
I	009160	LIME JUICE,RAW			
I	009152	LEMON JUICE,RAW			

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