

Cheesy Chicken Quesadilla

Makes: 12 or 48 servings

12 Servings 48 Servings

| Ingredients | Weight | Measure | Weight | Measure |
|----------------------------|--------|--------------------------|--------|--------------------------|
| Tortillas, whole grain, 6" | | 12 | | 48 |
| Refried beans | | 1 cup | 32 oz | 2 - 16 oz cans |
| Onion, chopped | | 1/4 cup | | 1 cup |
| Red taco sauce | | 1/4 cup + 2 Tbsp | | 1-1/2 cups |
| Broccoli, chopped finely | | 2 cups | | 8 cups |
| Mushrooms, sliced | | 1 cup | | 4 cups |
| Mozzarella cheese | 2 oz | | 8 oz | |
| Chicken, cooked, diced | 1 lb | | 4 lbs | |
| Vegetable oil | | small amount of brushing | | small amount of brushing |

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|------------|---------------|
| Total Calories | 212 | |
| Total Fat | 6 g | |
| Protein | 17 g | |
| Carbohydrates | 23 g | |
| Dietary Fiber | 2 g | |
| Saturated Fat | 2.3 g | |
| Sodium | 367 mg | |

Directions

1. Bake chicken in oven at 350°F for about 45 minutes. Dice. Set aside.
2. Brush the outside of the tortillas with a small amount of oil. Place on baking sheet and bake at 350°F for about 2 minutes on each side, until golden.
3. Heat refried beans and onion in medium saucepan over medium heat, stirring occasionally. Set aside.
4. Mix broccoli and mushrooms in large bowl.
5. Spread 1/4 cup of bean mixture on each tortilla. Drizzle 1 teaspoon taco sauce and top with 1/4 cup vegetable mixtures.
6. Top with 1 tablespoon of chicken and 1 tablespoon of cheese. Fold tortilla in half if desired.
7. Return to oven just until cheese melts (about 2 minutes).

Notes

Serving Tips:

Using vegetables in place of some of the cheese adds nutrients and decreases fat. Switch the vegetables to use any leftovers you may have.