

# Western Omelet Quesadilla

**Makes:** 25 or 100 Servings

25 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, whole wheat, 6" (at least .9 oz each)	1 lb + 8 oz	25	6 lb	100
Eggs, beaten	1 lb + 6 oz	12 large	5 lb + 8 oz	50 large
Milk, lowfat		1/2 cup		2 cups
Onion powder		1/2 tsp		2 tsp
Pepper, black		1/4 tsp		1 tsp
Ham, diced	8 oz		2 lb	
Onions, chopped	4 oz		1 lb	
Green peppers, chopped	4 oz		1 lb	
Pepper Jack Cheese, reduced fat, shredded	12 oz		3 lb	

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	187	
Total Fat	6 g	
Protein	12 g	
Carbohydrates	24 g	
Dietary Fiber	4 g	
Saturated Fat	NA	
Sodium	365 mg	

## Directions

1. Line sheet pans (18" x 26" x 1") with pan liners. For 25 servings, place 13 tortillas side-by-side on sheet pans. For 100 servings, place 50 tortillas side-by-side on sheet pans. Reserve for Step 4.
2. Blend eggs, milk, onion powder, black pepper and ham. Pour into 2" steam table pan sprayed with non-stick cooking spray. Steam for 3-4 minutes or bake in a convection oven at 350° F for approximately 15-20 minutes (stirring once after 10 minutes). Stir to break up into scrambled eggs once they reach an internal temperature of 160° F. Reserve for Step 6.
3. Mix chopped onions and green peppers together. Reserve for Step 5.
4. Sprinkle tortillas with ½ the cheese. Reserve remaining cheese for Step 7.
5. Spoon pepper and onion mixture over the cheese.
6. Scoop egg mixture over the peppers and onions.

7. Sprinkle with remaining cheese.
8. Place remaining tortillas on top, pressing down gently.  
Spray tortillas with non-stick cooking spray to aid browning.
9. Bake until tops are golden brown: Conventional oven: 375°  
F for 10 minutes or Convection oven: 350° F for 5 minutes.
0. Allow quesadilla to stand for 5 minutes and then cut in half  
and serve.