

Crispy Avocado and Mushroom Quesadilla



GENERAL INFORMATION

Recipe # 1310132	Category Lunch Entree	Source Global
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INGREDIENTS

Name	Quantity	+	Quantity 2
Oil, olive, salad or cooking	1 tbsp.		
Onions, raw	1 c. sliced		
Salt, table	1 tsp.		
Mushrooms, white, raw	1 ¼ c. pieces or slices		
Spinach, raw	9 % oz.		
Lime juice, raw	1 FL OZ		
Avocados, raw, all commercial varieties	1 c. sliced		
Cheese, Monterey Jack & Mild Cheddar Blend, Shredded, 4/5#, 1oz=1M, Land O Lakes, 41485000034500	8 oz.		
Salsa, Naturally Balanced, Dipping Cup, 264/1.5oz, 1/4c R/O, Red Gold, REDSCHZC264	4 container		
Tortilla, Flour, Whole Wheat, 10", 2WG, 144/62g, 19.8#, Don Pancho, 79341.02205	4 tortilla		

PREPARATION INSTRUCTIONS

HACCP Process: #3 - Complex Food Preparation

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.



Crispy Avocado and Mushroom Quesadilla

Serving Size	Yield
1 Quesadilla	4.00

Nutrition Facts

Serving Size		
1 Quesadilla (329 gm)		
Amount Per Serving		
Calories	519.868	
% Daily Value*		
Total Fat 30.824 gm	47.422 %	
Saturated Fat 14.958 gm	74.791 %	
Trans Fat 0.000* gm		
Cholesterol 50.624 mg	16.875 %	
Sodium 1,354.884 mg	56.454 %	
Total Carbohydrate 43.655 gm	14.552 %	

Remove frozen product from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Directions:

- 1. In a large skillet over medium heat, heat oil until shimmering. Add chopped red onion and a dash of salt, stirring occasionally, until the onions are turning translucent. Add sliced mushrooms and cook, stirring occasionally, until tender and turning golden, about 6 minutes. Add half of the spinach mixture, let it wilt a little, and then add the second. Cook until spinach is wilted and the mixture is dry, 2 to 3 minutes or longer. Season with salt and pepper and a splash of lime juice. Remove from heat.**
- 2. Divide 1 cup shredded cheese between the 4 quesadillas, covering only half of each tortilla with cheese. Divide the spinach and mushroom mixture evenly on top of the cheese on each quesadilla, then top with avocado slices. Top all of that with 1 cup shredded cheese, divided equally between the 4 quesadillas. Press the empty tortilla halve over the toppings.**
- 3. Heat a medium to large skillet (preferably cast iron) on the stove over medium heat. Place one quesadilla (or two, if they fit) into the pan. Cook for a few minutes, then flip carefully with a spatula. Immediately sprinkle some of the remaining cheese over the hot sides of the quesadillas, and let it melt as the other side cooks for a few minutes. Flip each quesadilla, and let the cheese sizzle into the quesadilla for a couple of minutes. Flip and cook the other side for a couple more minutes if necessary, until both sides are a nice, crisp golden brown. Let the quesadillas cool on a cutting board for a few minutes, then slice each quesadilla into three slices using a pizza cutter or a very sharp knife. Serve with salsa.**

CCP: Heat to 165° F or higher for at least 15 seconds

Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dietary Fiber 8.681 gm **34.723 %**

Total Sugars 5.309 gm

Includes 1.000* of Added Sugars

Protein 23.875 gm **47.75 %**

Vitamin A 6,437.718*^{iu} **128.754 %**

Vitamin C 27.666*^{mg} **46.11 %**

Vitamin D 0.044^{mcg} **0.219 %**

Calcium 549.522^{mg} **54.952 %**

Iron 4.045^{mg} **22.473 %**

Potassium 1,078.881^{mg} **22.955 %**

Saturated Fat % of **25.896%**

Calories

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Meat/Meat	2.000 oz
Alternates	
Whole Grain-Rich	2.000 oz
Dark Green	0.500 cups
Red/Orange	0.500 cups
Other Vegetables	0.500 cups

MY SCHOOL MENUS

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated

01-11-2024

Created

04-25-2019

Allergens

Milk

Wheat

Attributes

Vegetarian

Whole Grain-Rich