



For the Health of It, Kid Approved

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Recipe Contest



Recipe Title: Italian Chicken Quesadilla

Recipe Category: Main Dishes/Soups/Sandwiches

Ingredients	Weight / Measure	Directions
Chicken Fajita meat	10 pounds	Heat oven to 350°F. Add oil to (2) 6" hotel pans to cover bottom of pan. Place chicken in pans and sauté to 165°F. (You may also bake the chicken meat in the oven, on a lined sheet pan to 165°F. In a sauté pan with a scant amount of oil, sauté onions. Add garlic and sauté until lightly browned; do not overcook. Add tomatoes. Add oregano. Add the basil last (for best flavor). Combine onion and tomato mixture with cooked meat and blend well. Place the 10" wraps on a lined sheet pan. Using a 2 ounce spoodle, place the chicken mixture onto the wrap. Place 1 oz of shredded cheese on top of the meat mixture. Fold the wrap in half and press to seal. Bake for 8 minutes at 350°F until brown. Internal temperature of wrap should reach 165°F and hot holding at 140°F
Oil, vegetable, USDA	1 tablespoon	
Onions, fresh, diced	2 cups	
Tomatoes, diced, canned	#10 can	
Basil, fresh	1 bunch (or 2 tablespoons jarred)	
Oregano, fresh	2 tablespoons	
Garlic, fresh, minced	1/2 clove	
Cheese, cheddar, shredded	3.125 pounds	
Wrap, Lavash, 10"	50 each	

Submitted by: Christine Saulnier and Sandra Hillson, Lincoln Public Schools
Adapted from: USDA Recipe for Chicken Fajitas

Serving: 3/4 cup

Yield: 50 Servings

Volume:

Nutrients Per Serving

Calories 379	Carbohydrate 26.57g	Saturated Fat 8.22g	Vitamin A 890 IU	Iron 1.09mg	Sodium 985mg
Protein 28.17g	Total Fat 17.51g	Cholesterol 116mg	Vitamin C 9.3mg	Calcium 231mg	Dietary Fiber 2.23g