

Chicken Quesadillas




Recipe Rating	
Total Time	45 Minutes
Cooking Time	30 Minutes
Total Labour	15 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or
Tray Service Retherm Cart


Nutrition Facts	
Valeur nutritive	
Per 1 serv (158g) / par 1 serv (158g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 350	
Fat / Lipides 13g	21%
Saturated / satures 6g	
+ Trans / trans 0g	29%
Cholesterol / Cholesterol 55mg	
Sodium / Sodium 270mg	11%
Carbohydrate / Glucides 39g	13%
Fibre / Fibres 10g	39%
Sugars / Sucres 3g	
Protein / Proteines 24g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	20%
Calcium / Calcium	20%
Iron / Fer	20%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Chicken, Breast Strips, Cooked	1.25 Kg	2.8 Lbs	2.5 Kg	5.8 Lbs
Red Pepper, Fresh, Diced	200 gm	7.1 oz	400 gm	14.2 oz
Onions, Fresh, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Fajita Spice Mix (see recipe)	30 gm	1 oz	60 gm	2 oz
Cheddar Cheese, Grated	375 gm	13.2 oz	750 gm	1.6 Lbs
Tortilla, Flour	50 each	50 each	100 each	100 each


Method



1. Wash and remove core from red peppers. Peel onions. Diced red pepper and onions.




2. Combine chicken, red pepper, onion and Fajita Spice Mix. On an open tortilla shell, place 65 gm of chicken mixture and cover with 15 gm cheddar cheese. Cover with second tortilla shell.




3. **Bulk:** Transfer to ½ size- 2" deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil. Place pan in Multigen for 30 minutes.

Cold Plating: cut prepared quesadillas into a cross pattern and arrange on a plate, cover and place on the hot side of the tray to retherm prior to service.



4. **Bulk:** Remove from pan, cut into a cross pattern as shown.

Serve Hot.



Garnish: **Green onion and Salsa**

Food Accompany: **Side salad or vegetable side dish**

