



Quirky Quesadillas

Makes: 50 Servings

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Ingredients	Weight	Measure
Dry pinto beans		6 1/4 cup
Fresh onion, small dice		3 cups
Chili powder		6 1/4 Tbsp
Ground cumin		7 3/4 Tbsp

		1 3/4 Tbsp Cayenne pepper
Pre-cooked diced chicken, frozen	6 lb 4 oz	
Bell Pepper - any color		8 peppers
Fat free sour cream		3 1/4 cup
Whole wheat tortilla, 6 inch		50 tortillas
Chipotle seasoning		2 Tbsp
Reduced fat shredded cheddar cheese	25 oz	
Salsa		6 1/4 cup

Directions

1. Fill a medium pot halfway with water and place on high heat to boil. When the water starts to boil, add dry pinto beans and cook until tender. Mash the beans while still hot (for best results).
2. Steam the onions until soft.
3. In another pot, place mashed beans, onions, chili powder, cumin, and cayenne pepper over low heat. Cook until well

mixed and hot. Set aside.

4. Preheat oven to 350 degrees. On a full sheet pan, break chicken up and bake 15 minutes. Steam or microwave pepper until tender.
5. In a small/medium size bowl, mix sour cream and chipotle seasoning and set aside.
6. On another full sheet pan, place the whole wheat tortillas. Fill each tortilla with the following:
 - 1/4 cup pinto bean mixture
 - 2 oz chicken
 - 3-4 strips of pepper
 - 1/2 oz of cheese
7. Fold each whole wheat tortilla in half.
8. Bake in the oven until cheese is melted.
9. Cut each tortilla in 3 wedges and serve warm.
0. Top with chipotle sour cream and salsa.

Source: Normandy High School (Recipes for Healthy Kids Competition)