



Pear and Pepper Quesadilla with Pear Salsa

33 Servings

Portion: 1 each quesadilla + ¼ cup salsa

Meal Component Crediting K-8, 9-12: 2 oz eq meat/meat alternate, 1 ½ oz eq grain, and 3/8 cup fruit

Ingredients	Weight	Measure
Tortillas, whole grain, 8"		33 each
Pears, Pacific Northwest, canned, diced, extra light syrup, drained*		1 no. 10 can
Bell pepper, red, diced		1 lb 2 oz
Onions, green, fresh, sliced		1 oz
Cilantro, fresh, chopped		1 cup
Chipotle peppers in adobo sauce, 7 oz can		1 tbsp
Turkey ham, fully cooked, diced, chilled or frozen	3 lbs	
Cheese, cheddar, reduced fat, shredded	1 lb 1 oz	
Cheese, mozzarella, shredded	1 lb	
Pacific Northwest Pear Salsa (see recipe)		2 quarts ¼ cup
Sour cream, low-fat	33 oz	
PEAR SALSA		
Pacific Northwest, canned, diced, extra light syrup, drained*		1 no. 10 can
Bell pepper, red, diced, EP		12 oz
Onions, red, fresh, diced, EP		14 oz
Cilantro, fresh, chopped, EP		1 ½ oz
Pepper, jalapeno, diced, EP		5 oz
Juice, lime		1 cup

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Thaw tortillas at room temperature a few days prior to use. Proper thawing will aid in handling the product without breaking and cracking.

CCP: No bare hand contact with ready to eat food.

2. Preheat oven to 350°F.

3. Drain pears. Place pears in large mixing bowl. Note: Best to drain pears overnight to remove maximum amount of liquid.

4. Rinse bell peppers under running water. Dice into ½" pieces. Add to mixing bowl.

5. Rinse green onions under running water. Finely slice. Add to

mixing bowl.

6. Rinse cilantro under running water and dry well using a disposable towel. Chop fine. Add to mixing bowl.

7. Remove chipotle peppers from can and finely chop. Add to mixing bowl.

8. Add diced turkey ham to mixing bowl. Using a spoon, mix to combine all ingredients. Set aside.

CCP: Hold at 41° F or lower.

9. In a separate bowl, combine shredded cheddar and mozzarella cheeses.



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

CCP: Hold at 41° F or lower.

10. Spray full size sheet pan(s) with pan release. Lay tortillas onto prepared pan.

11. Using a #8 scoop, place ½ cup of pear mixture on one half of each tortilla. Using a 2 oz spoodle, top with 1 oz shredded cheese blend. Fold in half. Spray top of quesadillas with pan release spray.

12. Bake at 350°F for 10 to 12 minutes or until tortillas are toasted and cheese is melted. As an option, place a sheet pan on top of quesadillas for improved browning.

CCP: Hold and serve at 135° F or above.

13. Serve quesadilla with 1/4 cup pear salsa and 1 oz sour cream.

CCP: No bare hand contact with ready to eat food.

CCP: Hold salsa and sour cream for cold service at 41° F or lower.

Nutrients Per Serving

Calories	386
Protein	19.8 g
Carbohydrate	46.39 g
Total Fat	14.93 g
Saturated Fat	7.37 g
Cholesterol	56.47 mg
Vitamin A	853.48 IU
Vitamin C	31.29 mg
Iron	2.24 mg
Calcium	64.5 mg
Sodium	501.80 mg
Dietary Fiber	5.19 mg