

Recipe Name: Chicken and Cheese Quesadilla

Resources used for Crediting: FBG

Component Contribution

X ___ Meat/Alt ___ Vegetable/Fruit
 X ___ Grain/Bread

<u>24</u> Servings	<u>1 whole tortilla</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	24 Quesadilla Recipe Yield	
		Weight	Measure
Chicken breast	raw, boneless, skinless	2.5 lb	
Cheese	shredded	12 oz	
Flour tortilla –whole wheat,	6” diameter		24

Directions:
 Cook chicken by simmering, baking or sautéing. When cool, shred chicken into bite size pieces.
 Evenly divide the cheese and chicken among the 36 tortillas, placing the chicken and cheese on one half of the tortilla. Fold tortilla in half.
 Grill tortillas until cheese is melted and chicken is warm.

Optional:
 Chicken can be marinated before cooking to impart additional flavor.