



# Recipe Name:

Resources used for Crediting: FBG

## Component Contribution

X \_\_\_ Meat/Alt      \_\_\_ Vegetable/Fruit  
 X \_\_\_ Grain/Bread

|                       |   |                                |
|-----------------------|---|--------------------------------|
| <u>36</u><br>Servings | <u>1 whole tortilla</u><br>Portion Size | <u>3-5 yr old</u><br>Age Group |
|-----------------------|---|--------------------------------|

| Ingredient                   | Form<br>(whole, chopped) | <u>36 Quesadilla</u><br>Recipe Yield |         |
|------------------------------|--------------------------|--------------------------------------|---------|
|                              |                          | Weight                               | Measure |
| Chicken breast               | raw, boneless, skinless  | 4 lb                                 |         |
| Cheese                       | shredded                 | 1 lb                                 |         |
| Flour tortilla –whole wheat, | 6” diameter              |                                      | 36      |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |
|                              |                          |                                      |         |

**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.