

CALIFORNIA VEGGIE QUESADILLA



INGREDIENTS:

25 Servings

Sour Cream	1 ½ cup
Guacamole , Frozen	1 ½ cup
Tortilla, Flour 10-inch	25 ea
Cheese, Shredded	3 cups
Portobella Mushrooms	25 ea
or White Mushrooms	50 ea
Tomatoes, Fresh	5 ea
Onions, Fresh	4 ea
Carrots, Fresh	4 ea (Lg)
Zucchini, Fresh	5 ea

NUTRITIONAL VALUE:

Calorie: 353
Fat: 14g
Cholesterol: 24mg
Sodium: 605mg

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Method of Preparation

1. Heat grill to 300 °F
2. Mix together Sour Cream and Guacamole to make your Guacamole/Sour Cream mix. Set aside for later use
3. Slice Tomatoes and Onions. Slice Carrots using a bias cut. Slice Zucchini in even strips length wise (long-ways).
4. Grill Mushrooms, Tomatoes, Onions, Carrots and Zucchini. Refer to the Roasting and Grilling Vegetables training video on www.usafservices.com
5. After the mushrooms have been grilled, slice length wise.
6. Take one whole tortilla and spread 2 Tbsp of the Guacamole/Sour Cream mixture evenly over one side of the tortilla.
7. Distribute 2 Tbsp of the Three-Cheese Mix on half of the tortilla, leaving a ½ inch border around the tortilla without cheese.
8. Place Mushrooms, Tomatoes, Onions, Carrots and Zucchini on top of the cheese, distributing evenly
9. Carefully fold over the side of the tortilla without ingredients over the side with the ingredients
10. Place tortilla on lightly oiled and heated grill. Press lightly with spatula until cheese begins to melt and tortilla becomes soft. Using two spatulas, flip quesadilla over and heat
11. Serve immediately

*Wheat or Spinach Tortilla may be used in place of Flour Tortilla based on customer preference.

*Note-Nutritional Information will change based on type of tortilla used and if customer prefers the guacamole and sour cream mix.

For more information regarding Operation Refresh recipes visit our website www.usafservices.com