

# Chicken and Spinach Quesadillas

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"I called them 'tacos' when I served them to some of the kids in Lawrence. Funny thing was that they ate them more readily than when I called them quesadillas. Gotta love 'em."

—*Chef Nick, Project Bread's School Food Chef*

9<sup>1</sup>/<sub>3</sub> pounds seasoned and cooked chicken, diced  
2<sup>3</sup>/<sub>4</sub> medium onions (¾ pound)  
3 tablespoons chopped garlic  
4<sup>1</sup>/<sub>2</sub> tablespoons olive oil  
1<sup>1</sup>/<sub>2</sub> teaspoons salt  
26<sup>1</sup>/<sub>2</sub> pounds raw spinach, partly trimmed  
½ cup grated Parmesan cheese (⅛ pound)  
11<sup>1</sup>/<sub>2</sub> cups shredded mozzarella cheese, low fat and low sodium (about 3 pounds)  
100 8-inch whole-wheat tortillas (10 pounds)  
2 #10 cans salsa (about 1½ gallons)  
  
pan-release spray

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: 1<sup>1</sup>/<sub>8</sub> CUPS**

Preheat oven to 350°F.

Carefully warm the chicken in the steamer or oven until it reaches an internal temperature of 145°F.

In the meantime, sauté the onions and garlic in the oil until soft and translucent; add salt.

In batches, sauté the spinach in the onion and garlic mixture, just until warm. The spinach should be just beginning to steam and should be releasing some liquid. Dump the spinach into a perforated hotel pan to cool and drain.

Once the spinach has cooled enough to touch, squeeze out as much juice as possible.

Combine the spinach with the warm chicken, and add the two cheeses; mix until the ingredients are evenly dispersed. Taste for seasoning; adjust if necessary.

Using a 3-ounce scoop, put the mixture into the tortilla and spread to distribute. Fold the tortilla in half and place on a sheet pan covered in a piece of sprayed parchment paper.

Copiously spray the top of the quesadillas with pan release spray and cook for 8 minutes, until golden brown.

Allow to sit for 5 minutes before cutting into three wedges.

Serve with corn and black bean salad, sour cream, and homemade salsa.

## NUTRITIONAL INFORMATION

CALORIES: 269; SODIUM: 676.61 MG; SATURATED FAT: 10.04%

## USDA REQUIREMENTS MET

2 OUNCES MMA  
2 OUNCE EQUIVALENTS WHOLE GRAIN  
¾ CUP TOTAL VEGETABLES  
(½ CUP DARK GREEN VEGETABLE,  
¼ CUP RED OR ORANGE VEGETABLE)