



BREAKFAST QUESADILLA

YIELD: 100 servings

Chef Sam Icklan

This hearty and delicious breakfast quesadilla features scrambled eggs, fire roasted peppers and onions, salsa, and spices for a nutritious school breakfast option!

INGREDIENTS

- $\frac{3}{4}$ cup vegetable oil
- 6.25 pounds liquid eggs
- 4 pounds frozen fire roasted peppers and onions blend, thawed
- 4 cups salsa
- $\frac{1}{2}$ cup garlic powder
- 2 TBSP ground cumin
- 2 TBSP ground chili powder
- 1 cup chopped cilantro
- 100 8" whole grain tortillas
- 6.25 pounds shredded cheddar cheese
- Cooking spray

DIRECTIONS

- Heat oil in tilt skillet over medium heat. Add peppers, onions and cook until softened. Add salsa, garlic powder, cumin, and chili powder. Add eggs and stir until scrambled then fold in cilantro. Remove from tilt skillet and let rest.
- Prepare sheet pans with parchment paper and preheat oven to 375°F.
- Lay out tortillas and add 1 oz of shredded cheese and 2 oz. of egg mixture and evenly spread onto one half of the tortilla. Fold tortilla over filling and gently press down to close.
- Move filled tortillas to prepared sheet pans and spray with a light coating of cooking spray. Bake in oven for 8-10 minutes or until cheese is melted and tortillas are heated through to an internal temperature of 165°F. Let tortillas rest for 1-2 minutes before cutting and serving.
- Cut each tortilla into thirds and serve with (optional) sour cream, spicy mayo, more salsa or hot sauce!

RECIPE NOTES: BREAKFAST QUESADILLA

CALORIES: 235; SODIUM: 562 mg; SATURATED FAT: 2.59 g; CARBS: 25.9 grams; SUGAR: 1.82 g

