

# Chicken and Spinach Quesadilla - CACFP

## General Information

Recipe #	Category	Source
1990440	Lunch Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Onions, raw	2 tbsp., 1 ¼ tsp. chopped	
Garlic, raw	½ tsp.	
Vegetable oil, palm kernel	⅓ tsp.	
Spinach, raw	6 ⅜ oz.	
Salt, table	⅛ tsp.	
Cheese, mozzarella, nonfat	3 ⅙ oz.	
Parmesan cheese topping, fat free	1 ½ tsp.	
Chicken Pulled, 65 Dark/35 White, Low Sodium, FC, 2M, 73/2.2oz, 10#, Tyson, 10460210928	3 ⅜ oz.	
Tortilla, Whole Wheat, 9", 12/12ct, 17.7#, 2WG, Catallia, 40029	3 tortilla	

## Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Wash onions and garlic. Dice onions and mince garlic. Saute onions and garlic until onions become slightly translucent and soft.
2. Add spinach in small batches and cook with salt until slightly wilted, not mushy. Drain
3. In a large bowl, mix together cheese, chicken, and spinach.
4. Use a #8 scoop (1/2 cup), place one scoop on each tortilla. Fold tortilla in half and place on a baking sheet. Bake in a 350 degree F oven for 10 minutes or until internal temperature reaches 165 degrees F. Hold hot for service. You can shingle the quesadillas overlapping the open edges so they do not dry out.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.



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Serving Size	Yield
1/2 Each	6.00

## Nutrition Facts

Serving Size 1/2 Each (94 gm)

Amount Per Serving		
Calories		125.728
		% Daily Value*
<b>Total Fat</b>	3.064 gm	4.714%
Saturated Fat	1.251 gm	6.257%
Trans Fat	0.000* gm	
<b>Cholesterol</b>	15.018 mg	5.006%
<b>Sodium</b>	317.256 mg	13.219%
<b>Total Carbohydrate</b>	13.900 gm	4.633%
Dietary Fiber	2.499 gm	9.996%
Total Sugars	1.022 gm	
Includes 0.000* gm of Added Sugars		
<b>Protein</b>	10.774 gm	21.548%
Vitamin A	159.819* mcg RAE	17.758%
Vitamin C	8.806* mg	14.677%
Vitamin D	0.000 mcg	
Calcium	184.452 mg	18.445%
Iron	1.529 mg	8.492%
Potassium	356.839 mg	7.592%
Saturated Fat % of Calories		8.958%
Added Sugar % of Calories		0.000%

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

**CORRECTIVE ACTION HOT FOOD:** All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.


CCP: Record time and internal temperature of completed recipe on daily log.

Grains	1 oz
Dark Green	0.125 cups

### Added Sugar Limitations

Not applicable.

### Vendors

Catallia Premium Tortillas 

Tyson Foods, Inc. 

### Dates

Last Updated	Created
01-05-2026	10-08-2025

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