

BREAKFAST LENTIL QUESADILLA



YIELD: 50 servings

SERVING SIZE: 1 quesadilla

PREP TIME: 70 minutes

COOK TIME: 60 minutes



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INGREDIENTS	WEIGHT	MEASURE	METHOD
Lentils, green, dry OR Lentils, green, cooked (start at step 3)	2 lb 10 oz	6 ¼ cups dry OR 12 ½ cups cooked	<ol style="list-style-type: none"> To cook lentils from dry: rinse lentils with cool running water in colander; no need to soak. Steamer: place lentils and water in a steamtable pan. Cover and steam for 20 minutes. Drain if needed. Steam jacketed kettle or large pot: combine lentils and water. Bring to a boil, then reduce temperature to simmer. Cook covered, stirring lentils gently and occasionally for 20 to 30 minutes until tender and cooked through. Take care to not overcook. When thin outer coat of lentil starts to separate, lentils are close to done. NOTE: 12 ½ cups of cooked lentils is needed for 50 servings. Lentils may be cooked ahead of time and chilled or frozen for future use.
Water, if using dry lentils		3 ½ quarts	
Salsa	108 oz	12.5 cups (divided)	<ol style="list-style-type: none"> Mix lentils and half of salsa (6 ¼ cups) in a steamtable pan. Heat to 165° F. CCP: Hold warm, above 135°F for assembly. Scramble eggs according to package directions. CCP: Hold warm, above 135°F for assembly.
Egg, scrambled	3 lb (25 eggs)		
Cheese, cheddar, low-fat,	25 oz		<p>To assemble quesadillas:</p> <ol style="list-style-type: none"> Line up tortillas on a clean and sanitized surface for assembly line production. Place ½ ounce of cheese to each quesadilla. Top with ⅓ cup of lentil and salsa mixture. Top with 1 ounce of scrambled egg. Fold tortilla over. Preheat oven to 350°F. Place quesadillas in a shingle formation on a sheet pan and bake for 5 to 8 minutes, until cheese is melted and internal temperature of 165°F is reached. CCP: Hold warm, above 135°F for service. Cut quesadilla into 2 or 4 triangles. Serve with ⅓ cup salsa.
Tortilla, flour, whole-grain rich, 8-inches		50 each	

PULSE SWAP:

Quesadillas are a favorite breakfast or lunch sandwich. Almost any pulse can be seasoned with salsa and used to fill the sandwich. Suggest the following pulses:

- Green split peas (be careful not to overcook)
- Pinto beans
- Black beans
- Kidney beans

Meal Components per serving: 1 ½ oz eq Meat/Meat Alternate, ½ Vegetable, 2 oz eq Grains

Approximate nutritional contribution per serving: 250 Calories, 5 g Total Fat, 1.5 g Saturated Fat, 80 mg Cholesterol, 560 mg Sodium, 36 g Total Carbohydrate, 5 g Dietary Fiber, 16 g Protein, 1 mcg Vitamin D, 182 mg Calcium, 4 mg Iron.

Notes:

Green lentils are a hardy pulse and hold their shape in cooking.