Plant Strength Quesadilla

DEVELOPED BY: Mike See at University of Kansas

Servings: 1 Serving Size: 9 ounces

Ingredients	Quantity	Measure
12" tortilla	1	Each
Moocho cheddar cheese	2	Ounces
Black beans, cooked	1 ½	Ounces
Plant Strength Chick'n Bites, cooked	3 1/2	Ounces
Canola oil	1	Teaspoon
Optional garnish		
Salsa		Garnish
Guacamole		Garnish

Preparation

- 1. Preheat Flat top to 350 degrees.
- 2. Apply thin layer of Canola oil to desired cooking area.
- 3. Place tortilla down on the flattop & sprinkle with Moocho Cheddar Cheese, beans, and Plant Strength Chick'n.
- 4. Cook for 2-3 minutes until tortilla is golden brown.
- 5. Fold, cut and package for service.
- 6. Optional: top with any salsa or guacamole.

