



Stir-Fried Teriyaki Chicken Quesadilla

Teriyaki glazed wok-style chicken strips layered on a warm whole grain tortilla with mozzarella cheese and a stir-fry of sliced onions, matchstick carrots, corn kernels, bell peppers, broccoli florets and fresh-cut cilantro – baked until hot 'n toasty.

Servings: 10 Asian chicken quesadillas (1 per serving)

Ingredients	Amount
Whole Grain Tortillas, 8", thawed	10 ea.
Shredded Mozzarella Cheese, part-skim	2.50 oz.
Teriyaki Glazed Chicken Strips (see sub-recipe)	25.00 oz.
Stir-Fried Veggies (see sub-recipe)	17.50 oz.
Shredded Mozzarella Cheese, part-skim	2.50 oz.

DIRECTIONS:

1. Place the whole grain tortillas in a hot holding unit for 30 minutes prior to using so they are warm and pliable. Evenly sprinkle 0.25-ounce each of the shredded mozzarella cheese on the front half of each tortilla. Next arrange 2.50-ounces each of the teriyaki glazed chicken strips atop the shredded cheese, and then evenly layer 1.75-ounces each of the stir-fried veggies atop the chicken strips. Evenly sprinkle 0.25-ounce each of the shredded mozzarella cheese atop the stir-fried veggies.
2. Fold the tortillas in half, creating a half moon, and arrange the built quesadillas on a sheet pan lined with baking paper. Bake the quesadillas in a preheated 350°F convection oven for 7 minutes, and then flip the quesadillas over on the sheet pan and continue to bake for another 3-5 minutes, or until the tortillas are golden brown and crispy and the minimum internal temperature reaches 165°F.
3. Cut each heated quesadilla in half to form 2 equal-sized triangular pieces and serve immediately. One Stir-Fried Teriyaki Chicken Quesadilla (2 half pieces) per serving

TYSON® PRODUCTS USED:

#26073-928, Tyson Wei Café® Breaded MWWM Dark Meat Chunks with Tangerine Sauce

Stir-Fried Veggies

Stir-Fried Teriyaki Chicken Quesadilla

Yield: approx. 17½-ounces

Ingredients	Amount
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Vegetable Oil	0.50 oz.
White Onion, fresh, peeled, ¼" wide strips	5.25 oz.
Green Bell Peppers, fresh, washed, deseeded, ¼" x 1½" strips	3.50 oz.
Matchstick Carrots, commercially prepared	2.65 oz.
Red Bell Peppers, fresh, washed, deseeded, ¼" x 1-½" strips	1.75 oz.
Broccoli Florets, fresh, blanched	5.25 oz.
Corn Kernels, canned, drained and rinsed	4.40 oz.
Cilantro, fresh, washed, destemmed, roughly chopped	½ C
Chile Powder	½ tsp
Garlic Powder	½ tsp
Ground Black Pepper	¼ tsp

DIRECTIONS:

1. Prepare all the necessary ingredients. Heat the olive oil in a sauté pan over medium-high heat. Once hot, add the prepared onions, bell peppers and carrots and sauté for 6 minutes. Add the broccoli and corn kernels and continue to sauté for 4 minutes.
2. Add the chopped cilantro and dry seasonings to the sauté pan, sauté for 1 more minute and then remove from the heat. Transfer the stir-fried veggies to a sheet pan lined with parchment paper and cool down uncovered under refrigeration at 38°F. Once the stir-fried veggies are cold hold them covered under refrigeration at 38°F until ready to use.

Teriyaki Glazed Chicken Strips

Stir-Fried Teriyaki Chicken Quesadilla

Yield: approx. 25-ounces

Ingredients	Amount
Tyson® Dark Meat Chicken Strips #26073-928	14.25 oz.
Tyson® Teriyaki Sauce	10.75 oz.

DIRECTIONS:

1. Arrange the frozen chicken strips on a sheet pan lined with parchment paper. Heat the pan of chicken strips uncovered in a preheated 350°F convection oven for 14-18 minutes, or until the minimum internal temperature reaches 165°F and the chicken strips are lightly browned.
2. While the chicken is heating heat the teriyaki sauce in a small sauce pan over low heat until it comes to a boil. Once both the chicken strips

and teriyaki sauce are heated through combine both in a mixing bowl and toss to evenly coat the chicken in sauce.

3. Transfer the sauced chicken strips to a sheet pan lined with parchment paper and cool down uncovered under refrigeration at 38°F. Once the teriyaki glazed chicken strips are cold hold them covered under refrigeration at 38°F until ready to use.

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CN Portion	3 oz. ckn & 1 oz. sauce
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	220
Total Fat (g)	12.00
Saturated Fat (g)	2.50
Sodium (mg)	290
Carbs (g)	9
Protein (g)	19

