



Handout 6.9: Station Card, Black Bean Quesadillas

Print one per station on card stock and one per student on paper. Post the station copy at eye level where the whole team can read it.

Station: ____ **Date:** ____ **Students at this station:** ____



The clock

PREP 0 to 10 | COOK 10 to 28 | PLATE AND EAT 28 to 35 | CLEAN 35 to 40

THE JOB TODAY IS THROUGHPUT. Eight quesadillas, two skillets, three minutes each. If both skillets stay full for the whole cook phase, you are done by minute 24. Every minute a skillet sits empty is a minute added to the end.

Minute: 0 5 10 15 20 25 28 35 40
Skillet 1: |#1|#2|#3|#4|
Skillet 2: |#5|#6|#7|#8|
Beans: |drain, rinse|refill as needed |
Cheese: |measure| |refill as needed |
Dessert: |set| |build stacks| |serve|
Plates: |line up| |cut, salsa, eat|
Clean: |as you go, all period |ZONES|

Before any heat: the six-step routine

1. Hair back
2. Sleeves up
3. Wash hands (soap, warm water, 20 seconds)
4. Sanitize surfaces
5. Clean as you go
6. Station check before dismissal

THE ZERO-KNIFE RULE

A butter knife spreads. Kitchen shears cut. Nothing else cuts anything in this room, on any day. Quesadillas are soft enough to cut into wedges with a butter knife on the plate. Cutting in a hot skillet is not allowed at all.

What is on your station

Food	Amount
Flour tortillas	1 package, 10 count (you use 8)
Black beans, cans already opened	2 cans, 15 oz
Shredded Mexican blend cheese	1 1/2 cups (measured and leveled)
Salsa	1 jar, 16 oz
Cooking spray or butter	from the pantry
Optional dessert: graham crackers, blueberries, whipped cream	3 crackers per person
Tools	Count
Skillets	2
Spatulas	2
Colander (already in the sink)	1



Medium bowl for the beans	1
Small bowl for the cheese	1
Dry measuring cup, measuring spoons	1 set
Butter knives	7
Kitchen shears	1
Plates, forks, napkins, salsa cups	7 each
Trivet	1
Sanitizing spray and cloths	1 and 2

The steps

PREP, minutes 0 to 10

1. Everybody: the six-step routine. Hair, sleeves, hands, surfaces.
2. **Head Cook and Helper Cook:** pour both opened cans of beans into the colander in the sink. **Rinse under cold water until the water runs clear.** Shake the colander. Move the beans into the medium bowl and set it near the stove.
3. **Prep Cook:** measure **1 1/2 cups** of shredded cheese into the small bowl and level it. Stack the 8 tortillas near the stove, within reach of both cooks.
4. **Second Cook:** set both skillets on the burners with a spatula each, handles turned in. Spray each lightly or add a small pat of butter. **Do not turn on the heat until minute 9.** An empty hot skillet is a hazard and it smokes.
5. **Station Manager:** check the drawer map. Set 7 plates, 7 forks, napkins, and 7 salsa cups. Clear the empty cans and bags the moment they appear.
6. **Toppings Chief:** fill the 7 salsa cups. If the dessert station is running, rinse the blueberries and set out the graham crackers on the far counter.
7. **Plate Builder:** lay the 7 plates in a line as the assembly line. Set 7 butter knives at the end of the line.
8. Everybody: mise en place done before any tortilla touches a skillet.

COOK, minutes 10 to 28

9. **Head Cook (skillet 1) and Second Cook (skillet 2):** turn both burners to **MEDIUM.** Not high. Let them warm about one minute.
10. For each quesadilla:
 - a. Lay one tortilla flat in the skillet.
 - b. Spread about **3 Tablespoons of beans** on **one half** of the tortilla with a butter knife.
 - c. Sprinkle about **1/4 cup of cheese** on the beans.
 - d. Fold the empty half over the filling and press gently with the spatula.
 - e. Cook about **2 minutes** on the first side, until the bottom is **golden brown.**
 - f. Flip carefully and cook **1 to 2 minutes** more.
 - g. Slide it onto a plate. Start the next one right away.
11. **Helper Cook:** you are the line feeder. The second a quesadilla comes off, the next tortilla goes in. **A skillet should never sit empty.**
12. **Prep Cook:** refill the bean and cheese bowls as they empty and call the count out loud: "four done, four to go."
13. **Station Manager:** wash the colander, the measuring cup, and the empty cans as they free up.
14. **Toppings Chief and Plate Builder:** build the graham cracker stacks on the far counter if the dessert station is running.

PLATE AND EAT, minutes 28 to 35

15. **Plate Builder:** cut each quesadilla into 2 or 3 wedges **on the plate** with a butter knife.



16. **Toppings Chief:** set a salsa cup at each plate.
17. **Station Manager:** count the plates. Everyone has one before anyone sits.
18. Eat. Dessert stacks come out last, after the quesadillas.

CLEAN, minutes 35 to 40

19. Work your clean-up zone. Zones are on the chart at your station.
20. **Station Manager:** walk the station check below and report “done” to the teacher.

What does DONE look like?

Step	Done looks like
The beans	The rinse water runs clear, not gray. No foam left in the colander
The first side	Golden brown in patches, not dark brown and not pale. It lifts off the pan without sticking
The cheese	Melted all the way through, so the quesadilla holds together when you cut it
The plate	Two or three even wedges, salsa cup beside it, served hot
The line	Both skillets full the whole cook phase, all eight done by minute 26
The station	Every line on the station check below is true

What could go wrong

Problem	Why it happened	The fix
The tortilla is burning before the cheese melts	The heat is too high	Turn it down to medium-low. It should sizzle gently, not smoke
The cheese will not melt	The heat is too low	Turn it up slightly and give it an extra 30 seconds a side. Do not press harder
The beans taste like the can	They were not rinsed enough	Rinse until the water runs clear. Once it is in the quesadilla you cannot fix it
The quesadilla falls apart when cut	Too much filling, or the cheese did not melt through	About 3 Tablespoons of beans and 1/4 cup of cheese. More is not better
Both skillets are empty at minute 18	Nobody fed the line	The Helper Cook puts the next tortilla in the second one comes off. Washing dishes is a job for whoever is not feeding the line
Somebody cut in the skillet	Forgot the rule	Cut on the plate, with a butter knife. Never in a pan
The graham stacks fell over	Too many berries on one layer	Spread them out and press each cracker gently

Station check

Line	Done?
Both burners OFF	
Both skillets and spatulas washed, dried, and in the drawer per the map	
Stovetop wiped	
All counters wiped and sanitized	
Plates, forks, butter knives, bowls, colander washed and put away	
Kitchen shears counted and returned to the teacher	
Sink empty and rinsed	
Leftover cheese and beans covered and in the fridge, or in the trash	
Whipped cream back in the fridge, crackers back in the box	
Floor swept	
Trash out, liner replaced	
Fridge door closed	

Teacher signature: _____

Our throughput

Question	Our number
What minute did quesadilla #1 come off?	
What minute did quesadilla #8 come off?	
How many minutes of cook time was that?	
Quesadillas per minute (8 divided by the minutes)	
What minute did the line stall?	
One change, naming a role and a minute, that would fix it	

Words we say out loud at this station

English	Turkish	Portuguese	Spanish
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Behind you			
Hot			
Next one			
Done			
Help			

Allergy note for this lab

This recipe contains **wheat** (tortillas and graham crackers) and **dairy** (cheese and whipped cream). Some shredded cheese contains **soy** lecithin, and some salsas carry a shared-equipment statement. If you have an allergy on the nurse's list, I have already set your role and your portion, and your quesadilla is cooked first in a clean skillet. Come see me before the timer starts.

Cost of this station

Item	Price	Budget swap
Flour tortillas, 10 count store brand	\$2.49	Corn tortillas, about \$1.99
Black beans, 15 oz, 2 cans	\$1.98	Pinto beans, about \$1.78
Shredded Mexican blend cheese, 8 oz, 2 bags	\$5.98	1 1/2 bags store brand mozzarella, about \$3.74
Salsa, 16 oz store brand	\$2.49	Picante sauce, about \$1.99
Cooking spray or butter	pantry	
Main dish total	about \$12.94	about \$10.24
Optional dessert: graham crackers, blueberries, whipped cream	\$7.97	Vanilla wafers, canned fruit, whipped topping tub, about \$5.07
Station total with dessert	about \$20.91, over the \$20 cap	about \$15.31, under the cap
Per person at 7, main dish only	about \$1.85	

Most unprepared grocery food is exempt from New York State sales tax.



No-kitchen version: Rolled Bean and Cheese Wraps

Same clock, same roles, same station check. Nothing is heated.

Food	Amount
Flour tortillas	1 package, 10 count
Black beans, drained and rinsed	2 cans
Shredded cheese	1 1/2 cups
Salsa	1 jar
Shredded lettuce	1 bag
Plates and forks	7 each

PREP 0 to 10: the same routine, the same bean rinse, the same cheese measure. The Plate Builder lays out two assembly lines instead of one.

“COOK” 10 to 28: Head Cook and Second Cook each run a line. For each wrap: tortilla flat on the plate, about 3 Tablespoons of beans spread with a butter knife, about 1/4 cup of cheese, a spoon of salsa, a pinch of lettuce, rolled tight, cut in half with a butter knife on the plate. Helper Cook feeds the next tortilla to whichever line is open. Prep Cook refills and calls the count. **Measure your throughput exactly the same way:** a line is a line whether it is hot or cold.

PLATE AND EAT 28 to 35 and CLEAN 35 to 40: the same as above, minus the burners.

Cost: about \$13 per station. Tortillas \$2.49, beans \$1.98, cheese \$5.98, salsa \$2.49, lettuce \$1.99, minus the spray.

Second option: a quesadilla made on a plate in the microwave, 45 seconds. The cheese melts, the tortilla does not brown. Compare it to the skillet version and answer the Lesson 6.6 question: which family of heat did the microwave use, and what did the food lose?