







## **NUTRITION INFORMATION**

## SERVING SIZE: 1 piece

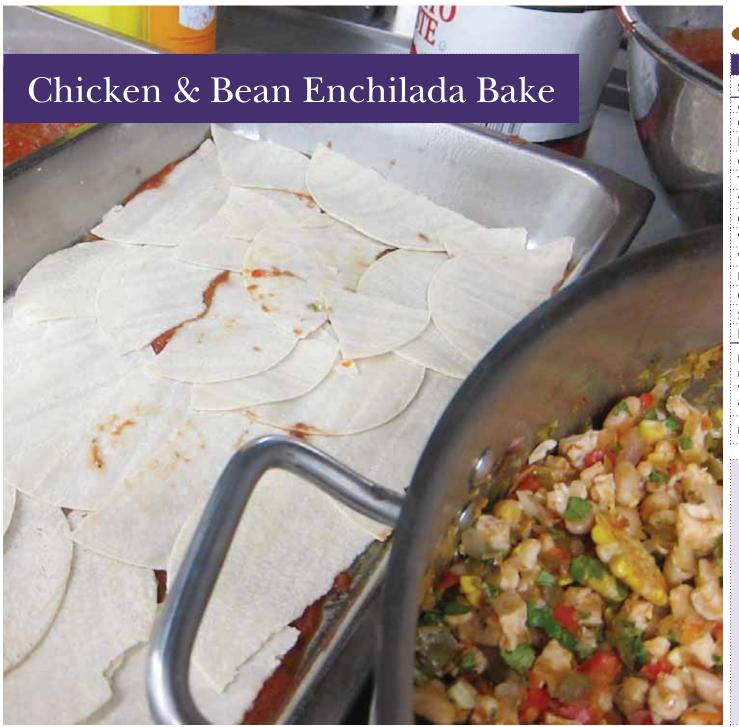
| 333 kcal   |
|------------|
| 22.29 g    |
| 39.48 g    |
| 10.26 g    |
| 4.36 g     |
| 41.37 mg   |
| 1267.05 IU |
| 24.83 mg   |
| 4.75 mg    |
| 340.62 mg  |
| 492.08 mg  |
| 7.32 g     |
|            |

EQUIVALENTS: 1 piece provides ½ cup red/orange vegetable, 1/2 cup other vegetable, 1.5 oz equiv WGR grain and 2 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

"Whenever we can forge relationships with local farmers, we strengthen our connection to the community as well as enhance the students' knowledge of the community in which they live."

— MARIA GARRIDO



## Chicken & Bean Enchilada Bake • 48 servings (1 piece)

| INGREDIENTS  | WEIGHT    | MEASURE                     | METHOD  | NOTES  |
|--|-----------|-----------------------------|---|--|
| Onions   | 2 lb 4 oz |                             |   | <ul> <li>You can use taco shells<br/>(broken in half) or torti-<br/>lla chips in place of the</li> </ul> |
| Bell peppers   | 1 lb 4 oz |                             | ② Stem, core and seed peppers. Cut into ½-inch dice.  |  |
| Vegetable oil  |           | ¼ cup                       | Heat oil in a large stockpot over medium heat. Add the onions, bell peppers, zucchini and corn. Cover and cook, stirring occasionally, until the vegetables soften and begin to brown, about 20 minutes. Stir in chicken, beans, 1 qt salsa, cilantro and chilies. Set aside. | corn tortillas.  |
| Diced zucchini (½-inch pieces)                           |           | 1 qt                        |   | • Use Kitchen Sink Pasta   |
| Corn kernels, fresh or frozen (thawed)                   |           | 1 qt                        |   | Sauce (p. 76) in this recipe if you'd like.  |
| Diced cooked chicken                                     | 3 lb      |                             |   |  |
| White, black or kidney beans, canned, rinsed and drained | 3 lb      | 1 qt + ¾ cup<br>(½ #10 can) |   |  |
| Low-sodium salsa   | :         | 1 gal, divided              |   |  |
| Chopped fresh cilantro                                   |           | ½ cup                       |   |  |
| Green chilies, canned, chopped                           |           | 1 qt                        |   |  |
|  |           |                             | 4 Preheat convection oven to 300°F or conventional oven to 325°F. Coat two 2-inch full hotel pans with cooking spray.   |  |
| Tomato sauce   |           | 3 qt                        | <b>⑤</b> Combine tomato sauce and the remaining 3 qt salsa in a large bowl. Stir in cumin, coriander, oregano and basil.  |  |
| Ground cumin   |           | ¼ cup                       |   |  |
| Ground coriander   |           | ¼ cup                       |   |  |
| Dried oregano leaves                                     |           | ¼ cup                       |   |  |
| Dried basil leaves                                       |           | ¼ cup                       |   |  |
| Shredded reduced-fat<br>Cheddar cheese                   | 3 lb      | 1 gal, divided              | <b>3</b> Assemble each pan as follows: Layer 2 cups sauce, 12 tortillas, ¼ of chicken mixture, 2½ cups cheese, 12 tortillas, ¼ chicken mixture,   |  |
| Corn tortillas (6-inch)                                  |           | 72 tortillas                | 3 cups sauce, $2\frac{1}{2}$ cups cheese, 12 tortillas, 5 cups sauce and 3 cups cheese. Repeat in the other pan.  |  |
|  |           |                             | • Coat two pieces of foil with cooking spray. Cover the pans, sprayed side down, and bake for 30 minutes. Uncover and bake 5 minutes more. Let stand for 5 minutes then cut each pan into 24 pieces.  |  |