



Recipe Name: Fiesta Lasagna

File No:



Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12	<u>HACCP Process</u>
Number of Portions: 50	<input type="checkbox"/> #1 No Cook
Portion Size: 1 piece (2" x 3¾")	<input type="checkbox"/> #2 Cook & Serve Same Day
Serving Utensil:	<input type="checkbox"/> #3 Includes Cooling Step
Servings per Pan:	

Ingredients		Weight	Measure	Procedure
Oil, Olive			¼ cup 1 Tbsp	<ol style="list-style-type: none"> 1. Combine oil, bell peppers, corn, and ½ of the onions. Toss to coat. 2. Spray 2 sheet pans with pan release spray and spread veggies out evenly. 3. Roast, uncovered at 350°F for 20 minutes until veggies are lightly browned around the edges. 4. Place the squash in 2 perforated steam table pans. Steam for 15 minutes or until tender. Place squash in a bowl and mash until smooth, 5. Add roasted veggies, ½ the oregano, and cumin to the squash. Mix well. 6. Lightly coat a skillet with pan release spray. Add remaining onions, oregano, garlic, chili powder, paprika, and salt. Stir to combine. 7. Cook for 5 minutes or until soft. 8. Add water if needed to obtain smooth consistency. Combine Salsa and tomato sauce in a large container. Crumble 1 pound of chips and set aside. 9. Lightly coat 2 steam table pans with pan release spray. Spread 2 cups salsa and tomato sauce mixture on the bottom of each pan. 10. Lay about 40 whole chips over the sauce in each pan. Spread 2½ cups of the bean mixture on top of the chips, then 2½ cups of the veggies on top. 11. Repeat, layering chips, beans veggies. Pour 2 cups of the sauce mixture over the top of each pan, top each pan with half of the crushed chips. 12. Cover tightly and bake at 350°F for 40 minutes. CCP: Heat to 141°F or higher for at least 15 seconds. Remove from oven, uncover. Rest for 15 minutes before cutting and serving.
Peppers, Bell, Green, Raw, Diced		10 oz		
Corn, Frozen, No Salt Added USDA #100348		3 lbs		
Onions, Raw, Diced		3 lbs		
Squash, Butternut, Fresh, Peeled, Cubed		3½ lbs		
Oregano, Dried			1 Tbsp 1 tsp	
Cumin, Ground			1 Tbsp 1 tsp	
Garlic, Granulated			1 Tbsp 1 tsp	
Chili, Powder			1 Tbsp 1 tsp	
Paprika			1 Tbsp 1 tsp	
Salt			1 Tbsp 1 tsp	
Beans, Black, Low-Sodium, Canned, Drained, Rinsed, USDA #100359		2¼ - #10 cans		
Tomato, Sauce, Canned, Low-Sodium USDA #110177		¾ #10 can		
Salsa, Canned, Low-Sodium USDA #100330		½ #10 can		
Tortilla Chips, Low-Sodium		3½ lbs		
Meal Component Contribution		Total Yield		<u>Equipment (if not specified in procedures above):</u> 2 - sheet pans (18" x 26" x 1") 2- perforated steam table pans (12" x 20" x 2½") 2 - steam table pans (12" x 20" x 2½")
Meat/Meat Alternate: 1.5 oz eq		Weight:		
Vegetable Subgroups		Number of Pans:		
DG	RO	BPL	Pan size:	
	¾ cup		Volume:	
S	O	A	Nutritional Analysis Based on Portion Size	
⅛ cup	⅛ cup		Calories: 328 kcal	
Fruit:		Saturated Fats (g): 1.42 g		
Grains: 1 oz eq		Sodium (mg): 739.85 mg		
Based on USDA Food Buying Guide-RAW		Calculated using NutriKids		
				DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional