

Dry Beans and Peas

This main dish is filled with hearty, healthy ingredients. Its colorful vegetables are layered with crunchy corn chips, smooth black beans, flavorful cumin, oregano, and lively salsa, and baked to perfection as an aromatic, savory casserole.





Dry Beans and Peas

Fiesta Mexican Lasagna

ITHACA CITY SCHOOL DISTRICT

Ithaca, New York

Our Story

At the Ithaca City School District in picturesque Ithaca, New York, their mission is to educate every student to become a life-long learner. The team's chef is a co-owner of a local restaurant which is considered one of the "pioneer" restaurants for preparing and serving healthy, local, plant-based meals.

The New York Coalition for Healthy School Food was just beginning to work with the school district on a project that develops and implements plant-based entrées, using local organic beans as much as possible, and a team was created. For its entry into the *Recipes for Healthy Kids* Competition, the team worked to create Fiesta Mexican Lasagna.

While developing the recipe, team members spoke with students to gain feedback on the recipe and conducted numerous tastings, which allowed the team to modify the recipe accordingly. The team and students were thrilled that the recipe was selected as a finalist. Fiesta Mexican Lasagna features golden butternut squash, corn, and peppers roasted until sweet and the natural flavors caramelize together. This deliciously spicy spin on an Italian classic will leave your students wanting more!

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Denise Agati (Food Service Director)

CHEF

Wynnie Stein (Chef, Moosewood Restaurant)

COMMUNITY MEMBERS

Amie Hamlin (Executive Director, New York Coalition for Healthy School Food) and Eric Smith (Owner, Cayuga Pure Organics)

STUDENTS

Alyia C. and Josie W. (Middle School Students)

Fiesta Mexican Lasagna

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Starchy Vegetable-Other Vegetable-Grains

Main Dishes D-62r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canola oil		2 ½ Tbsp		¼ cup 1 Tbsp	1. Combine oil, green peppers, corn, and half of onions. Reserve remaining onions for step 5. Toss to coat. Transfer to a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 2. Roast uncovered until lightly brown around edges: Conventional oven: 350 °F for 20 minutes Convection oven: 350 °F for 12 minutes
*Fresh green bell peppers, diced	5 oz	¾ cup	10 oz	1 ½ cups	
Canned low-sodium corn, drained, rinsed	1 lb 8 oz	3 ¼ cups (½ No. 10 can)	3 lb	1 qt 2 ½ cups (¾ No. 10 can)	
*Fresh onions, diced	1 lb 8 oz	1 qt ¾ cup	3 lb	2 qt 1 ¾ cups	
*Fresh butternut squash, peeled, cubed ½"	1 lb 12 oz	1 qt 3 ½ cups	3 lb 8 oz	3 qt 3 cups	3. Place squash in perforated steam table pan (12" x 20" x 2 ½") and steam for 15 minutes or until tender. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. Mash squash until smooth. Add roasted vegetables, half of oregano and half of cumin. Reserve remaining oregano and cumin for step 5. Mix well. Set aside.
Ground oregano		2 tsp		1 Tbsp 1 tsp	5. Lightly coat nonstick pan with pan release spray. Sauté remaining onions, oregano, and cumin with garlic, chili powder, paprika, and salt for 5 minutes or until soft.
Ground cumin		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Chili powder		2 tsp		1 Tbsp 1 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



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Main Dishes D-62r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	4 lb 4 oz OR 4 lb 4 oz	1 qt 3 ¾ cups (1 ⅞ No. 10 cans) OR 1 qt 3 ¾ cups	8 lb 8 oz OR 8 lb 8 oz	3 qt 3 ¾ cups (2 ¼ No. 10 cans) OR 3 qt 3 ¾ cups	6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 25 servings, use about ⅓ cup water. For 50 servings, use about ¼ cup water. Set aside.
Canned low-sodium meatless spaghetti sauce	2 lb 12 oz	1 qt 1 cup (½ No. 10 can)	5 lb 8 oz	2 qt 2 cups (1 No. 10 can)	7. Combine spaghetti sauce and salsa. Set aside.
Canned low-sodium salsa, mild	1 lb 12 oz	3 ½ cups (¼ No. 10 can)	3 lb 8 oz	1 qt 3 cups (½ No. 10 can)	
Low-sodium tortilla chips	1 lb 8 oz	About 265 chips	3 lb	About 530 chips	8. For 25 servings, crumble 8 oz tortilla chips for topping. Reserve remaining 1 lb whole tortilla chips for lasagna layers. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers.

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Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
					9. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. First layer: a. 1 qt ¼ cup sauce Second layer: a. 8 oz whole chips (about 85 chips), slightly overlapping b. 1 qt 1 cup (about 2 lb 4 oz) bean mixture c. 1 qt ½ cup (about 1 lb 15 oz) squash/vegetable mixture Third layer: Repeat second layer Fourth layer: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups 10. Tightly cover pans. 11. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. 12. Remove from oven. Uncover. Allow to set for 15 minutes before serving. 13. Critical Control Point: Hold at 135 °F or higher.
					14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

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Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ½ cups dry or 4 ½ cups cooked beans.

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Marketing Guide

Food as Purchased for	25 servings	50 servings
Green bell peppers	8 oz	1 lb
Mature onions	1 lb 12 oz	3 lb 8 oz
Butternut squash	2 lb 4 oz	4 lb 8 oz
Dry black beans	1 lb 6 oz	2 lb 12 oz

Nutrients Per Serving

Calories	263.63	Saturated Fat	0.51 g	Iron	2.35 mg
Protein	8.71 g	Cholesterol	1.00 mg	Calcium	120.21 mg
Carbohydrate	52.16 g	Vitamin A	3768.71 IU	Sodium	425.06 mg
Total Fat	4.09 g		(179.72 RAE)	Dietary Fiber	9.37 g
		Vitamin C	15.61 mg		

Serving	Yield	Volume
1 piece provides:	25 Servings: about 18 lb	25 Servings: 1 steam table pan
Legume as Meat Alternate: 1 oz equivalent meat alternate, ¾ cup vegetable, and ¾ oz equivalent grains.	50 Servings: about 36 lb	50 Servings: 2 steam table pans
OR		
Legume as Vegetable: 1 cup vegetable and ¾ oz equivalent grains.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		