


Fiesta Mexican Lasagna

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

Main Dishes D-62r

| Ingredients | 50 Servings | | 100 Servings | | Directions Process #2: Same Day Service |
|---|-------------|---------------------------------|--------------|---------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| Canola oil | | ¼ cup 1 Tbsp | | ½ cup 2 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 50 servings, use 2 pans. For 100 servings, use 4 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 | 10 oz | 1 ½ cups | 1 lb 4 oz | 3 cups | |
| Canned low-sodium corn, drained, rinsed | 3 lb | 1 qt 2 ½ cups (⅔ No. 10 can) | 6 lb | 3 qt 1 cup (1 ⅓ No. 10 cans) | |
| *Fresh onions, diced | 3 lb | 2 qt 1 ⅜ cup | 6 lb | 1 gal 2 ¾ cups | |
| *Fresh butternut squash, peeled, cubed ½" | 3 lb 8 oz | 3 qt 3 cups | 7 lb | 3 gal 3 ½ qt | 3. Place squash in perforated steam table pan (12" x 20" x 2 ½") and steam for 15 minutes or until tender. For 50 servings, use 2 pans. For 100 servings, use 4 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 | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Ground cumin | | 1 Tbsp 1 tsp | | 2 Tbsp 2 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. |
| Granulated garlic | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Chili powder | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Paprika | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Salt | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |


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

Fiesta Mexican Lasagna

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

Main Dishes D-62r

| Ingredients | 50 Servings | | 100 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) | 8 lb 8 oz OR 8 lb 8 oz | 3 qt 3 ½ cups (2 ¾ No. 10 cans) OR 3 qt 3 ½ cups | 17 lb OR 17 lb | 1 gal 3 ½ qt (4 ½ No. 10 cans) OR 1 gal 3 ½ qt | 6. Puree onion mixture and beans in a food processor to a smooth consistency. If needed, add water to make puree smoother: For 50 servings, use about ¼ cup water. For 100 servings, use about ½ cup water. Set aside. |
| Canned low-sodium meatless spaghetti sauce | 5 lb 8 oz | 2 qt 2 cups (1 No. 10 can) | 11 lb | 1 gal 1 qt (2 No. 10 cans) | 7. Combine spaghetti sauce and salsa. Set aside. |
| Canned low-sodium salsa, mild | 3 lb 8 oz | 1 qt 3 cups (½ No. 10 can) | 7 lb | 3 qt 2 cups (1 ⅞ No. 10 cans) | |
| Low-sodium tortilla chips | 3 lb | About 530 chips | 6 lb | About 1060 chips | 8. For 50 servings, crumble 1 lb tortilla chips for topping. Reserve remaining 2 lb whole tortilla chips for lasagna layers. For 100 servings, crumble 2 lb tortilla chips for topping. Reserve remaining 4 lb whole tortilla chips for lasagna layers. |


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

Fiesta Mexican Lasagna

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

Main Dishes D-62r

| Ingredients | 50 Servings | | 100 Servings | | Directions Process #2: Same Day Service |
|-------------|-------------|---------|--------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | <p>9. Assembly: Lightly coat steam table pan (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>First layer: a. 1 qt ¼ cup sauce</p> <p>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</p> <p>Third layer: Repeat second layer</p> <p>Fourth layer: a. 1 qt ¼ cup sauce b. 8 oz crumbled chips, about 2 ½ cups</p> <p>10. Tightly cover pans.</p> <p>11. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 350 °F for 30 minutes</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p> <p>12. Remove from oven. Uncover. Allow to set for 15 minutes before serving.</p> <p>13. Critical Control Point: Hold at 135 °F or higher.</p> |
| | | | | | <p>14. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).</p> |


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

Fiesta Mexican Lasagna

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

Main Dishes D-62r

| Notes |
|--|
| <p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>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.</p> <p>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.</p> |

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

| Marketing Guide | | |
|-----------------------|-------------|--------------|
| Food as Purchased for | 50 Servings | 100 Servings |
| Green bell peppers | 1 lb | 1 lb 12 oz |
| Mature onions | 3 lb 8 oz | 7 lb |
| Butternut squash | 4 lb 8 oz | 9 lb |
| Dry black beans | 2 lb 12 oz | 5 lb 8 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: | 50 Servings: about 36 lb | 50 Servings: 2 steam table pans |
| <p>Legume as Meat Alternate: 1 oz equivalent meat alternate, ⅔ cup red/orange vegetable, ⅓ cup starchy vegetable, ¼ cup other vegetable, and ¾ oz equivalent grains.</p> <p>OR</p> <p>Legume as Vegetable: ¼ cup legume vegetable, ⅔ cup red/orange vegetable, ⅓ cup starchy vegetable, ¼ cup other vegetable, and ¾ oz equivalent grains.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i></p> | 100 Servings: about 72 lb | 100 Servings: 4 steam table pans |