



Gourmet Crispito

Served with Cilantro Salad

Student favorite hand-rolled corn tortillas stuffed with pork and cheese served with a fresh cilantro salad.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 1 hour

Cook Time: 20 minutes

NSLP/SBP crediting information:

2 crispitos provides ¼ cup additional vegetable, ⅜ cup dark green vegetable, ⅛ cup starchy vegetable, 2 oz equivalent meat, and 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder	1.4 oz	¼ cup	2.8 oz	½ cup	<ol style="list-style-type: none"> Mix chili powder, garlic powder, and cumin in a mixing bowl until combined.
Garlic powder	0.5 oz	2 Tbsp	1 oz	¼ cup	
Ground cumin	0.4 oz	2 Tbsp	0.8 oz	¼ cup	
Pulled pork, cooked	6 lb 8 oz		13 lb		<ol style="list-style-type: none"> Add cheese and seasonings to pork. Mix by hand until combined evenly.
Cheddar cheese, reduced fat, shredded	6 oz	2 qt 3 cups	12 oz	1 gal 1 qt 2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Corn tortilla, 6-inch, no salt		100 each		200 each	<p>3. Lay a single layer of tortillas on a flat surface. Using the #24 scoop (2 ¾ Tbsp), place one scoop in the center of each tortilla shell. Spread the mixture evenly down the middle of the tortilla and roll.</p> <p>4. Place seam side down in a single layer on a sheet pan that has been coated with cooking spray.</p> <p>5. Repeat.</p> <p>6. Spray the tops of the crispitos with cooking spray.</p> <p>7. Bake at 400 °F for 15-20 minutes or until crispy and golden brown. Internal temperature should be 165 °F for 15 seconds.</p> <p>8. Critical Control Point: Hold at a minimum of 135 °F until service.</p>
Cilantro Salad Recipe					
Cilantro, fresh	1 lb	2 qt 3 cups	2 lb	1 gal 1 qt 2 cups	1. Fine chop fresh cilantro.
Limes		3 each		6 each	2. Juice limes.
*Tomatoes, diced	1 lb	2 ¾ cups	2 lb	1 qt 1 ½ cups	3. Dice tomatoes and chop peppers.
*Poblano pepper, chopped	1 lb	3 ½ cups	2 lb	1 qt 3 cups	
*Sweet corn	4 lb 4 oz	3 qt	8 lb 8 oz	1 gal 2 qt	4. Toss all ingredients together in a large bowl.
Garlic powder	0.5 oz	2 Tbsp	1 oz	¼ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cumin	0.6 oz	3 Tbsp	1.2 oz	¼ cup 2 Tbsp	
*Swiss chard, shredded (or romaine)	4 lb 4 oz	2 gal 2 cups	8 lb 8 oz	4 gal 1 qt	
					5. Critical control point: Store below 41 °F
					6. Serve 2 crisпитos with ½ cup of the cilantro salad



NUTRITION INFORMATION

For 2 Crisпитos

NUTRIENTS **AMOUNT**
Calories **231**

Total Fat	4 g
Saturated Fat	1 g
Cholesterol	52 mg
Sodium	110 mg
Total Carbohydrate	26 g
Dietary Fiber	3 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	21 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	106 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Swiss Chard, fresh	4 lb 6.4 oz	8 lb 12.8 oz
Peppers, green chilies	1 lb	2 lb
Tomatoes, fresh	1 lb 2.4 oz	2 lb 4.8 oz
Corn, fresh without husk	7 lb 12.8 oz	15 lb 9.6 oz

NOTES

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

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
100 crisпитos	200 crisпитos
The filling yields about 9 lb 9.6 oz or 2 gallons 1 ½ cups.	The filling yields about 18 lb 14.9 oz or 4 gallons 2 ½ cups.
The salad yields about 11 lb 4.6 oz or 4 gallons ¾ cups.	The salad yields about 22 lb 4.8 oz or 8 gallons ¾ cups.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

