



Sweet Potato & Turkey Nachos

These protein and veggie-packed nachos start with a base of baked sweet potato fries layered with ground turkey and black beans and topped with onions, lettuce, and tomatoes.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Illinois State Board of Education

Preparation Time: 45 minutes

Cook Time: 40 minutes

NSLP/SBP crediting information:

9 oz provides

Legumes as Vegetables: 2 ¾ oz eq meat/meat alternate, ⅝ cup red/orange vegetable, ⅛ cup dark green vegetable, ⅛ cup beans/peas (legumes), ⅜ cup additional vegetable.

Or

Legumes as Meats/Meat Alternates: 3 ¼ oz eq meat/meat alternate, ⅝ cup red/orange vegetable, ⅛ cup dark green vegetable, ⅜ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sweet potato fries, waffle cut, low sodium, frozen	10 lb		20 lb		<ol style="list-style-type: none"> Line full-sized sheet pans with parchment paper and spray with non-stick cooking spray. Coat well. For 50 servings, use 3 sheet pans. For 100 servings, use 6 sheet pans. Spread the sweet potato fries onto the lined pans and spray them liberally with non-stick cooking spray.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>3. Bake the sweet potato fries according to the manufacturer's instructions.</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p>
Turkey, ground, raw, 93% lean	10 lb		20 lb		<p>4. Add the ground turkey to a large roasting pan, stock pot or tilt skillet and cook over medium-high heat until thoroughly cooked (approximately 18-20 minutes). Drain.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Cumin, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<p>5. Season the ground turkey with the cumin, garlic powder, and cayenne pepper. Mix well.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p>
Garlic powder		1 Tbsp 2 tsp		2 Tbsp 1 tsp	
Cayenne pepper		2 Tbsp		¼ cup	
Black beans, low sodium, canned, drained, rinsed	4 lb 7 oz	About 1 No. 10 can	8 lb 14 oz	About 2 No. 10 cans	<p>6. Heat drained and rinsed black beans in a 2-inch-deep full-sized perforated pan in steamer until thoroughly cooked (approximately 8 minutes).</p> <p>For 50 servings, use one perforated pan.</p> <p>For 100 servings, use two perforated pans.</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.</p>
*Onions, white, fresh, diced	2 lb 8 oz	2 qt	5 lb	1 gal	
*Tomatoes, Roma, fresh, diced	3 lb 12 oz	2 qt	7 lb 8 oz	1 gal	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Romaine lettuce, fresh, shredded	3 lb		6 lb		<p>7. To assemble, portion ½ cup of sweet potato fries as the base using a No. 8 scoop. Top with ¼ cup ground turkey using a No. 16 scoop, 3 ½ Tbsp beans using a No. 20 scoop, ½ cup lettuce using a No. 8 scoop, 2 ¼ Tbsp onions using a No. 30 scoop, 2 ¼ Tbsp tomatoes using a No. 30 scoop, and ¼ cup cheese using a No. 16 scoop.</p>
Cheddar cheese, fat free, shredded	2 lb		4 lb		



SWEET POTATO AND TURKEY NACHOS
NUTRITION INFORMATION

For 9 oz

NUTRIENTS	AMOUNT
Calories	357
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Total Fat	15 g
Saturated Fat	3.8 g
Cholesterol	69 mg
Sodium	401 mg
Total Carbohydrate	30 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A g
Protein	27 g
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Vitamin A	2850 IU
Vitamin C	8.25 mg
Vitamin D	N/A
Calcium	214 mg
Iron	2.25 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Onions, whole	2 lb 13 oz	5 lb 10 oz
Tomatoes, whole	4 lb 5 oz	8 lb 10 oz
Lettuce, whole	4 lb 11 oz	9 lb 6 oz

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>If cooking turkey in a conventional oven: Add ground turkey to a large roasting pan or divide evenly with 5 lb ground turkey per sheet pan. Bake at 325 °F for approximately 18-20 minutes or until fully cooked, stirring every few minutes. Drain.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>Cooking Process #2: Same Day Service</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 29 lb	About 58 lb

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

