



American
Dairy
Association
MIDEAST



NATIONAL DAIRY COUNCIL™

Fiesta Parfait

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Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients

Pinto Beans, drained
Low Fat Plain Yogurt
Mexican Seasoning
Low Sodium Salsa
Iceberg Lettuce
Cheddar Cheese, shredded

Measure

12 ½ cups
6 ¼ lbs
¼ cup
9 cups + 6 tbsp
14 oz
6 ½ oz

Directions

1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Layer into 12-oz clear cups:
 - » ½ cup drained beans
 - » ½ cup seasoned yogurt
 - » ¾ cup (6 Tbsp) salsa
 - » ¼ cup shredded lettuce (credits ½ cup)
 - » Garnish with 1 Tbsp Cheddar cheese

Notes:

Serve with tortilla chips for dipping.

Meal Components:

12-oz cup portion meets 1 meat/meat alternate
and 2 vegetable servings.

Yield:

25 servings

Nutrients Per Serving

Calories	160 kcal	Sodium	270 mg	Iron	0% DV
Total Fat	3 gm	Carbohydrates	20 gm	Calcium	20% DV
Saturated Fat	2 gm	Dietary Fiber	5 gm	Vitamin A	4% DV
Cholesterol	12 gm	Protein	11 gm	Vitamin C	2% DV