Fiesta Mexican Lasagna

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

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 (⅓ No. 10 can)	3 lb	1 qt 2 ½ cups (⅔ No. 10 can)	
*Fresh onions, diced	1 lb 8 oz	1 qt ¾ cup	3 lb	2 qt 1 ⅜ 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.

Fiesta Mexican Lasagna

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

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 ⅔ cups (1 ⅛ No. 10 cans) OR 1 qt 3 ⅔ cups	8 lb 8 oz OR 8 lb 8 oz	3 qt 3 ⅓ cups (2 ¼ No. 10 cans) OR 3 qt 3 ⅓ 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 ⅛ 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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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	
					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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Fiesta Mexican Lasagna

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

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.

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

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 4 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 (179.72 RAE)	Sodium	425.06 mg
Total Fat	4.09 g	Vitamin C	15.61 mg	Dietary Fiber	9.37 g

Serving	Yield	Volume
1 piece provides: **Legume as Meat Alternate:** 1 oz equivalent meat alternate,⅜ cup red/orange vegetable, ¼ cup starchy vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains. OR **Legume as Vegetable:** ¼ cup legume vegetable, ⅜ cup red/orange vegetable, ¼ cup starchy vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains. *Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*	25 Servings: about 18 lb 50 Servings: about 36 lb	25 Servings: 1 steam table pan 50 Servings: 2 steam table pans