

# Idaho Child Nutrition Programs

**Recipe: 900000 Black Bean Verde Pie K-12**

Recipe Source:  
Recipe Group: ENTREES

Alternate Recipe Name:  
Number of Portions: 100  
Size of Portion: 1 5x5 Piece

**Recipe HACCP Process:**

902447 USDA Corn, Frozen, Whole Kernel, 30# 100348..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.... 902448 USDA Cheese, Mozzarella, LMPS, Loaves 100022..... 902454 USDA Sweet Potatoes, light syrup, LS 100317..... 902446 USDA Black Beans #100359.....	2 1/4 LB 1 2/3 LB 6 1/4 LB 3 #10 can 3 5/8 # 10 Can	Preheat oven to 400° F.  <u>Prepare Ingredients:</u> Thaw corn. Chop green onions. Shred mozzarella cheese. Drain sweet potatoes. Drain and rinse black beans.
001186 CHEESE,CREAM,FAT FREE..... 799903 GARLIC,GRANULATED..... 799902 CUMIN,GROUND.....	2 LB 1/2 CUP 1/2 CUP	<u>Prepare Sweet Potato Mixture:</u> In a large mixer, using the paddle attachment, whip sweet potatoes, cream cheese, garlic and cumin. Mix well. Use a spatula to break up any large clumps before making the Verde Pie.
902445 Salsa Verde, MILD..... 902452 Tortilla, Whole Grain, Frozen 100938.....	3 1/3 #10 Can 72 tortilla	<u>Assemble Pie:</u>  Spray 4 full-deep steam table pans (per 100 servings) with cooking oil spray.  <u>First Layer:</u> In each pan, layer 2 1/4 cups salsa verde, 6 tortillas (tortillas will overlap), and 3 2/3 cups of sweet potato mixture.  <u>Second Layer:</u> In each pan, layer 2 1/4 cups salsa verde, 3 1/4 cups black beans, 3/4 cup corn, 6 tortillas, and 3 2/3 cups of sweet potato mixture.  <u>Third Layer:</u> In each pan, layer 2 1/4 cups salsa verde, 3 1/4 cups black beans, 3/4 cup corn, 6 tortillas, and 2 1/4 more cups of salsa verde.  <u>Fourth Layer:</u> Top each pan with 6 1/4 cups cheese and 1 1/2 cups chopped green onions.  Cover with foil and bake for 45 minutes. Remove foil and bake for 15 more minutes. Cut each pan into 25 servings.

\*Nutrients are based upon 1 Portion Size (1 5x5 Piece)

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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Calories	318 kcal	Cholesterol	16.09 mg	Protein	16.43 g	Calcium	313.50 mg	27.84%	Calories from Total Fat
Total Fat	9.85 g	Sodium	1016.89 mg	Vitamin A	1026.37 RE	Iron	2.00 mg	12.43%	Calories from Saturated Fat
Saturated Fat	4.40 g	Carbohydrates	44.32 g	Vitamin A	5074.04 IU	Water <sup>1</sup>	*13.41* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	10.87 g	Vitamin C	7.47 mg	Ash <sup>1</sup>	*0.46* g	55.69%	Calories from Carbohydrates
								20.65%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<b>Miscellaneous</b>	<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt..... 2.000 oz				? - Milk
Grain..... 1.000 oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.750 cup				? - Tree Nut
Milk..... cup				? - Fish
<b>Moisture &amp; Fat Change</b>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902447	USDA Corn, Frozen, Whole Kernel, 30# 100348			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	902448	USDA Cheese, Mozzarella, LMPS, Loaves 10002			
I	902454	USDA Sweet Potatoes, light syrup, LS 100317			
I	902446	USDA Black Beans #100359			
I	001186	CHEESE, CREAM, FAT FREE			
I	799903	GARLIC, GRANULATED			
I	799902	CUMIN, GROUND			
I	902445	Salsa Verde, MILD			
I	902452	USDA Tortilla, Whole Grain, Frozen 100938			

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