

The Whole Enchilada

24 Servings

Mexican foods are a favorite of children, and this recipe is no exception. If you can get a Mariachi band in your cafeteria, it would be a great introduction to this recipe. Children love balloons and green, white and red balloons would represent the Mexican flag.

Recipe created by Chef David Stroka, Chef Manager, Binghamton City School District, for the Cool School Food Program of the New York Coalition for Healthy School Food (www.healthyschoolfood.org).

Ingredients:

- 1 teaspoon olive oil
- 2 tablespoons garlic, chopped (NYS farm product)
- 2 cups onions, chopped (NYS farm product)
- 2 cups green or red peppers, chopped (NYS farm product)
- ¼ cup jalapeno peppers, seeded and chopped (NYS farm product)
- 3 tablespoons cumin, ground
- ¼ teaspoon pepper
- 2 pounds kidney beans – soaked and cooked until tender (NYS farm product)
- 4 large butternut squashes (about 5 pounds each), peeled, seeded, and shredded (NYS farm product)
- 24 nine inch whole-wheat tortillas
- 1 #10 can mild salsa (NYS farm product)



Photo by Lou Manna, www.LouManna.com

Preparation:

1. Sauté garlic in oil until golden.
2. Add onion and cook until caramelized.
3. Add pepper and spices, sauté for 5 minutes.
4. Add beans and squash and mix thoroughly.
5. Place two #8 scoops of mixture in each tortilla and fold into purse shape.
6. Place salsa in hotel pan to cover bottom, and place enchiladas in pan and cover with remaining salsa.
7. Bake at 300 Fahrenheit for 30 minutes. Serve.

HACCP:

Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving:

1 tortilla with filling

Nutrition information:

Calories: 240
Total fat: 1.8g
Saturated fat: 0.0g
Trans fat: 0.0g
Protein: 8.6g
Sodium: 479mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, 1 cup Vegetable; 2 Grain/Bread

Meets the Alliance School Meals criteria for legumes, lean protein, whole grain, orange vegetables and low fat entrées.