

Recipe: 000365 Chkn Enchlda Caulflwr Casserol

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Alternate Recipe Name: Corbin High School

Number of Portions: 48
 Size of Portion: Servings

Recipe HACCP Process: #2 Same Day Service

011135 CAULIFLOWER,RAW..... 001287 YOGURT,GREEK,PLN,LOWFAT..... 075013 CHICKEN BREAST..... 903193 Cheddar Cheese Shredded..... 799955 SALSA, LOW-SODIUM, CANNED..... 001178 SOUR CREAM,REDUCED FAT..... 799968 CILANTRO..... 799940 Lettuce Locally Grown..... 903054 Salt, Kosher..... 002030 PEPPER,BLACK.....	24 CUP, chopped 1/2"pcs 36 OZ 18 Each (3oz) 6 (1 cup) 3 CUP 2 CUP 6 TBSP, MINCED 12 CUP, shredded 3 TSP 3 TSP, ground	Chicken Enchilada Cauliflower Casserole: Preheat oven to 375 degrees. Put water in the bottom of the steam pot and bring to a boil on the stove top. Place the cauliflower in steam basket and place inside the steam pot, cover for 12 minutes or until fork tender. Pour steamed cauliflower into a large mixing bowl, add Greek yogurt and stir. Add chicken, cheese (reserve some for topping) salsa, sour cream, cilantro, salt and pepper (to taste) and stir well. transfer the mixture to large baking dishes and bake for 20 minutes or until golden brown and bubbling. Top with remaining onions and tomato from salsa, sprinkle with remaining cheese. Return to oven for 5-7 minutes or until melted and golden brown.
799943 Tomatoes, locally grown..... 011205 Cucumber, with skin diced..... 011282 Onions, red raw finely diced..... 799968 CILANTRO..... 011951 Peppers, orange sweet chopped..... 799939 GARLIC,RAW..... 009159 LIMES,RAW..... 900683 CUMIN,GROUND..... 001146 CHEESE,PARMESAN,SHREDDED..... 799946 PEPPERS,JALAPENO,RAW.....	24 Large diced small 6 each (8-1/4") 6 slice, thin 3 CUP, MINCED 6 medium 12 Clove, minced 12 fruit (2" dia) 6 Tsp. 4 CUP 12 Pepper minced	Cucumber Tomato Salsa: Add tomatoes (reserve some), cucumber, red onion (reserve some), cilantro, jalapeno peppers, yellow bell peppers, minced garlic, juice from limes, cumin, red pepper and black pepper and salt (to taste) and stir. Cover and place in fridge.
051565 Tortillas, Whole Grain or Whole Grain-Rich, F...	48 tortilla	Corn Tortillas Chips: Cut corn tortillas into 8 equal triangles each. Spray both sides with olive oil. Salt and pepper both sides. Bake at 350 degrees for 7 minutes, flip and bake 7 more minutes or until crisp. To Serve: bake parmesan cheese garnishes on parchment paper. Place 1/4 cup lettuce on plate, top with serving of Chicken Enchilada Casserole, add 4 oz salsa and 8 corn tortilla chips on side. Add Cheese garnish. CCP: Hold at 135 degrees.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	330 kcal	Cholesterol	*28.24* mg	Sugars	*3.82* g	Calcium	*243.80* mg	34.38%	Calories from Total Fat
Total Fat	12.62 g	Sodium	584.76 mg	Protein	21.76 g	Iron	*1.88* mg	18.21%	Calories from Saturated Fat
Saturated Fat	6.68 g	Carbohydrates	36.03 g	Vitamin A	*2162.00* IU	Water ¹	*245.22* g	*0.03%*	Calories from Trans Fat
Trans Fat ²	*0.01* g	Dietary Fiber	*5.66* g	Vitamin C	*86.71* mg	Ash ¹	*1.91* g	43.63%	Calories from Carbohydrates
								26.35%	Calories from Protein

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.

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
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	2.000 oz				? - Allergen 1
Grain.....	1.000 oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	1.000 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
<u>Moisture & Fat Change</u>					
Moisture Change.	0%				? - Allergen 6
Fat Change.....	0%				? - Allergen 7
Type of Fat.....					? - Allergen 8

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011135	CAULIFLOWER,RAW			
I	001287	YOGURT,GREEK,PLN,LOWFAT			
I	075013	CHICKEN BREAST			
I	903193	Cheddar Cheese Shredded			
I	799955	SALSA, LOW-SODIUM, CANNED			
I	001178	SOUR CREAM,REDUCED FAT			
I	799968	CILANTRO			
I	799940	Lettuce Locally Grown			
I	903054	Salt, Kosher			
I	002030	PEPPER,BLACK			
I	799943	Tomatoes, locally grown			
I	011205	Cucumber, with skin diced			
I	011282	Onions, red raw finely diced			
I	799968	CILANTRO			
I	011951	Peppers, orange sweet chopped			
I	799939	GARLIC,RAW			
I	009159	LIMES,RAW			
I	900683	CUMIN,GROUND			
I	051565	Tortillas, Whole Grain or Whole Grain-Rich, F			
I	001146	CHEESE,PARMESAN,SHREDDED			
I	799946	PEPPERS,JALAPENO,RAW			

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