



Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

| Ingredients | 25 Servings Measure | Directions |
|------------------------------|---------------------|--|
| Beans, canned Pinto, drained | 12-1/2 cups | 1. Drain and rinse beans. Set aside. |
| Yogurt, plain low-fat | 6-1/4 lbs. | 2. Mix yogurt with Mexican seasoning. Set aside. |
| Mexican seasoning | 1/4 cup | 3. Layer into 12 oz. clear cups: |
| Salsa, low-sodium | 9 cups + 6 Tbsp. | 1/2 cup drained beans |
| Lettuce, iceberg | 14 oz. | 1/2 cup seasoned yogurt |
| Cheese, Cheddar, shredded | 6-1/2 oz. | 3/8 cup salsa (6 Tbsp) |
| | | 1/4 cup shredded lettuce (credits 1/8 cup) |
| | | Garnish with 1 Tbsp. Cheddar cheese |

Notes:

Serve with tortilla chips for dipping

Serving: Yield:

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

25 servings

Nutrients Per Serving

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