

Nachos (Quesadillas)

Meat-Grains/Breads

Snacks

G-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Taco pieces	10 oz	1 gal	1 lb 4 oz	2 gal	1. Spread 5 oz (2 qt) of taco pieces on each half-sheet pan (18" x 13" x 1"). 2. Top each pan with 3/4 cup (6 oz) of salsa and 1 1/2 cups 2 Tbsp (6 1/2 oz) of cheese.
Salsa	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Cheddar cheese, shredded	13 oz	3 1/4 cups	1 lb 10 oz	1 qt 2 1/2 cups	
					3. To Bake: Conventional Oven: 375 degrees F, 7 minutes Convection Oven: 350 degrees F, 5 minutes Bake until cheese melts. For best results, serve immediately.
					4. Each pan serves 13.

SERVING:	YIELD:	VOLUME:
1 oz with topping provides the equivalent of 1/2 oz of cooked lean meat and the equivalent of 1/4 slice of bread	25 Servings: 2 lb 2 oz 50 Servings: 4 lb 4 oz	25 Servings: 50 Servings:

Special Tip:
For an attractive garnish, use 1 Tbsp of lowfat sour cream or yogurt and 1 Tbsp of Salsa (C-03).

Nutrients Per Serving			
Calories	88	Saturated Fat	3.2 g
Protein	4 g	Cholesterol	15 mg
Carbohydrate	6 g	Vitamin A	56 RE/274 IU
Total Fat	5.2 g	Vitamin C	3 mg
		Iron	.4 mg
		Calcium	132 mg
		Sodium	145 mg
		Dietary Fiber	1 g