

Pastachilada (Manicotti Enchiladas)



Ingredients (Serves 50)

- 50 pieces WG Manicotti (#00825WG)
- 3 qt. + ½ cup Canned Low-sodium Red (drained) Kidney Beans
- 3 qt. + ½ cup Canned Diced Tomato (drained)
- ¼ cup Cumin
- 1 cup Low Sodium Enchilada Sauce
- 1 cup Canned Tomato Salsa
- 1 lbs. + 9oz. Shredded Cheddar Cheese

Directions

1. Preheat oven to 350 F.
2. Combine drained beans and diced tomatoes into a large bowl.
3. Add cumin and stir to combine. Set aside for assembly step.
4. Combine enchilada sauce and salsa together in a bowl.
5. Place the Manicotti pasta in a single layer on a clean, non-stick pan.
6. Add beans and diced tomatoes to the top of the pasta, spread evenly.
7. Pour enchilada salsa sauce over the vegetables and pasta evenly.
8. Top with shredded cheese spread evenly over casserole.
9. Place in oven and bake for 45-55 minutes. Heat to 165° F or higher for at least 15 seconds.
10. Remove product from oven. Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CN Crediting

2
m/ma

2
oz eq
gr

1/4
cup
veg

Nutrition Facts per serving*

Calories: 327 **Total Fat: 7g**
Sat Fat: 4g **Sodium: 529mg**

**This is an approximation of the final nutritional data and will vary based on the actual products you choose to use in the recipe.*

Chef Tips



Cook from
frozen



Top with
shredded cheese

HACCP Guidelines

Entree, Pastachilada, Manicotti Enchiladas, 1 Serving



General Information

Category

Lunch Entree

Ingredients

Name	Quantity
Whole Grain, Manicotti, Cheese, Tasty Brands 00825WG, 35lbs	50 piece
Beans, Red Kidney, Low-sodium, Canned, 6/#10, USDA, 100370	3 qt., ½ c.
Vegetable, Tomato, Diced, Canned	3 qt., ½ c.
Seasoning, Cumin, Dry	¼ c.
Condiment, Enchilada Sauce, Low Sodium	1 c.
Vegetable, Tomato, Salsa, Canned, USDA	1 c.
M/MA, Cheese, Cheddar, Shredded, RF	1 lbs., 9 oz.
Cooking Spray, Non-Stick	50 Spray

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.
2. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Pre-Service (24 hours before service):

3. Remove shredded cheese from the freezer using oldest pack date first. Products may be kept in original packaging, placed on sheet pan, and placed on ready-to-eat shelf in cooler. Cover, label, and date all products. Place in refrigeration and allow to thaw for 24-72 hours.

CCP: Thaw frozen TCS foods in a refrigerator that is 41°F or colder.

CCP: Follow HACCP cooler storage order guidelines to prevent cross-contamination.

Pastachilada

Serving Size 1 Serving
Yield 50.00

Nutrition Facts

Serving Size 1 Serving (272 gm)

Amount Per Serving		
Calories		326.677
		% Daily Value*
Total Fat	6.992 gm	10.757%
Saturated Fat	3.750 gm	18.75%
Trans Fat	0.000 gm	
Cholesterol	15.000 mg	5%
Sodium	529.423 mg	22.059%
Total Carbohydrate	43.843 gm	14.614%
Dietary Fiber	5.122 gm	20.486%
Total Sugars	7.272 gm	
Includes 0.000 * gm of Added Sugars		
Protein	22.364 gm	44.728%

Vitamin A	N/A* mcg RAE	
Vitamin C	0.000* mg	
Vitamin D	0.050* mcg	0.25%
Calcium	282.680* mg	28.268%
Iron	2.046* mg	11.364%
Potassium	376.460* mg	8.01%

Saturated Fat % of Calories 10.331 %
Added Sugar % of Calories 0.000 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
-----------	-------------

Day of Service:

4. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination/cross contact. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

5. Preheat oven to 350°F.

Vegetables

6. Clean tops of bean and diced tomato cans before opening. Ensure that each can has no dents or defects. Using clean can opener, open each can. Discard lids.

7. Drain liquids from beans and pour beans into a large bowl. Discard liquids.

8. Drain liquid from tomatoes, add diced tomatoes to beans in bowl. Discard liquids.

9. Add cumin to vegetables and stir to combine. Set aside for assembly step.

Prepare Sauce

10. Clean tops of enchilada sauce and salsa cans before opening. Ensure that each can has no dents or defects. Using clean can opener, open each can. Discard lids.

11. Combine enchilada sauce and salsa together in a bowl.

Assemble Casserole

12. Remove manicotti from freezer using oldest pack date first.

13. Place the pasta in a single layer on a clean, non-stick pan.

14. Add beans and diced tomatoes to the top of the pasta, spread evenly.

15. Pour enchilada salsa sauce over the vegetables and pasta evenly.

16. Top with shredded cheese spread evenly over casserole.

17. Place in oven and bake for 45-55 minutes.

CCP: Heat to 165° F or higher for at least 15 seconds.

18. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

19. Offer each student 1 serving of pastachilada.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140° F must be removed from service until such time as they are reheated to 165° F. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Meat/Meat Alternates	2.5 oz
Whole Grain-Rich	1.75 oz
Red/Orange	0.25 cups
Beans, Peas, and Lentils	0.25 cups

USDA Meal Pattern Component Contribution:

Whole Grain Manicotti (1 serving): 2oz Meat/Meat Alternate, 1.75oz Whole Grain

Shredded Cheddar Cheese (0.5 oz): 0.5 oz eq Meat/Meat Alternate (per FBG: 1oz = 1 M/MA)

Kidney Bean (¼ cup): 0.25 cup Bean/Pea Vegetable [FBG]

Tomato (¼ cup): 0.25 cup Starchy Vegetable [FBG]