BASIC AMERICAN FOODS™

Recipes Kids Love

A YEAR OF DELICIOUS FOOD AND FUN

FUN, DELICIOUS FOODS TO BOOST ADP

It's never been easier to be a school lunch hero with these new kid-friendly recipes and fun-packed theme ideas from Basic American Foods. Every recipe is kid-approved so they're sure to be a hit with your students and staff. Always easy-to-prep, these craveable dishes are developed to add variety to your menu, boost ADP and give students more of the foods they love.

Basic American Foods Potatoes and Beans are 100% substitutable. Use your allocated pounds for any of our delicious potatoes and beans.

- **Potatoes:** 110227
- **Beans:** 110381

Menu Themes

For Year-Round Fun!

FALL

Macho Nachos

- **National Nachos Day** (Nov 6)
- Science Fair Week
- Cinco de Mayo (May 5)
- National Tortilla Chip Day (Mar 24)
- Meatless Monday

Ghost Potatoes

- **Halloween**
- Movie Day: Ghostbusters
- Game Day: Pac-Man

Happy Taco Bowl

- **World Smile Day** (Oct)
- Celebrations: Birthdays, First/Last Day of School
- Meatless Monday/ Taco Tuesday

Firecracker Dip Cups

- **Celebration Days:** First/Last day of School
- Hispanic Heritage Month (change blue to green)
- National: Veteran's Day, Memorial Day, Election Day

Sweet Potato Balls

- **Thanksgiving**
- Backwards Day (Eat dessert first)
- Winter Solstice

WINTER

Pepperoni Potato Pizza Bake

- **National Italian Food Day** (Feb 13)
- April Fool's Day
- Meatless Monday (replace pepperoni with veggie)

Power Meatball Potato Bowl

- **Sports Events:** Superbowl, World Cup, March Madness
- National Meatball Day (Mar 9)
- Jog-a-thon

Pulled Pork Sweet Smash Volcanos

- **Science Fair Week/ STEMsational Celebration**
- Sweet Potato Month (Feb)
- National BBQ Month (May)

Cheesy Potatoes of Love

- **Valentine's Day**
- National Cheese Lover's Day (Jan 20)
- Friendship or Family Day

Lucky Green Potatoes

- **St. Patrick's Day**
- Go Green/Earth Day
- School Spirit Day (use school colors)

SPRING

Huevos Rancheros Quesadilla

- **Cinco de Mayo** (May 5)
- National School Breakfast Week
- Breakfast for Lunch
- Meatless Monday

Green Eggs and Ham Potato Bowl

- **Dr. Seuss Day** (March)
- St. Patrick's Day
- Backwards Day (breakfast for lunch)
- Children's Book Week

Walking Quesadilla Bean Dip

- **Fitness Celebrations:** Jog-a-thon, National Physical Fitness and Sports Month (May)
- Plant Protein Power Day

Super Hero Sweet Potato and Apple Crisp

- **School Lunch Hero Day** (May)
- Halloween Week
- National Heroes Day – Military (Aug 26)

Cheesy Taco Potatoes

- **National Cheese Day** (Jun 4)
- Cinco de Mayo (May 5)
- Taco Tuesday

Fun Theme Recipes

Celebrate any occasion with the delicious foods your students love from Basic American Foods.

FALL | WINTER | SPRING

Get Creative

Use a variety of cookie cutters for any holiday or theme. Shapes such as shamrocks, trees, flowers, favorite animals, school mascots, etc. are a fun and simple way to customize this recipe.

Use Our Tools

We make it easy for you to let parents know the tasty foods you are serving their kids. All of these delicious recipe photos are available for you to use for your calendars, flyers, signage, social media, and more! Go to **baffoodservice.com/k-12** to get photos.

CHEESY POTATOES OF LOVE

Yield: About 40, 4.3 oz servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
1 lb + 4 ⅛ oz	American-blend Cheese, yellow, sliced
1 gal + 1 cup	Hot Water (170-190°F)
1 (1 second) spray	Cooking Spray

DIRECTIONS

1. Using a heart shaped cookie cutter (about 1 ½" x 1 ½"), cut enough heart shapes out of each cheese slice. Set aside.
2. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan.
3. Add potatoes and remaining cheese slices without the heart cutouts. Stir for 15 seconds or until cheese is fully incorporated. Let stand for 5 minutes, stir well.
4. Using a ½ cup/4.3 oz (#8 disher), scoop prepared cheesy potato mounds onto sheet pan(s) sprayed with pan spray. Top with heart shapes. Place in the warmer for no longer than 30 minutes. Serve.

NUTRITION*

Cal. 111	Fat 3.5g	Sat. Fat 1.5g	Sod. 325mg	Carb. 15g	Prot. 5g
Components: .5 oz eq M/MA, ½ cup Starchy Veg					

* Nutrition information is an approximate guideline, based upon supplier information and available reference data. These values may change based on your final products or preparation modifications.

change ups & tips:

- Add any cheese you like into the mashed potatoes and serve.

change ups & tips:

- A Mexican style cheese sauce would also go well with this recipe.
- Add an additional topping bar: onions, jalapenos, olives, salsa or hot sauce.

MACHO NACHOS

Yield: About 34 servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
1 qt + 2 cup	Water, boiling
2 ⅛ cup	Enchilada Sauce, green, canned
2 lb + 2 oz	Mexican-blend Cheese, shredded
2 lb + 2 oz	Tortilla Chips, whole grain
12 ⅓ oz	Lettuce, iceberg, shredded
15 ¾ oz	Tomatoes, fresh diced
1 cup + 1 Tbsp	Sour Cream, light

DIRECTIONS

1. Preheat oven to 350°F.
2. Pour 1 quart plus 2 cups boiling water into 4" deep half-steamtable pan. Quickly pour beans and enchilada sauce into water. Stir ingredients together. Allow beans to sit for 25 minutes in the warmer. Remove from the warmer and stir well. Top with 2 lb plus 2 oz cheese and bake uncovered for 10-12 minutes or until cheese is golden brown.
3. Assemble servings in a serving boat or tray: Place 1 oz tortilla chips in the dish, top with ½ cup/4 oz (#8 disher) beans and cheese. Top with ¼ cup (2 oz ladle) lettuce, 2 Tbsp (#30 disher) tomatoes, and 1 Tbsp sour cream. Serve.

NUTRITION*

Cal. 320	Fat 12.3g	Sat. Fat 5.8g	Sod. 360mg	Carb. 39g	Prot. 14.3g

Components: 2 oz eq M/MA, 1 oz eq Grain, ⅛ cup Red/Orange Veg, ⅛ cup Other Veg

change ups & tips:

- Use any cheese.
- This recipe isn't just for Halloween, serve from a steamtable pan without olives.

GHOST POTATOES

Yield: About 40, 4.25 oz servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
1 gal + 1 cup	Hot Water (170-190°F)
2 Tbsp + 1 tsp	Granulated Garlic
⅓ cup + 2 tsp	Parmesan Cheese, grated
1 (1 second) spray	Cooking Spray
2 ⅔ oz	Olives, black, canned, sliced, drained

DIRECTIONS

1. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan.
2. Add potatoes, granulated garlic, and parmesan cheese, stir for 15 seconds.
3. Let stand for 5 minutes, stir well. Using a ½ cup/4.25 oz (#8 disher), scoop prepared potato mounds onto sheet pan(s) sprayed with pan spray.
4. Make ghost eyes by placing two olive slices on the side of each potato mound. Serve hot.

NUTRITION*

Cal. 79	Fat 1.5g	Sat. Fat 0.1g	Sod. 205mg	Carb. 14.5g	Prot. 2g

Components: ½ cup Starchy Veg

change ups & tips:

- Remove the taco bowl and use whole grain rich Frito's® or tortilla chips.

HAPPY TACO BOWL

Yield: About 13 servings

INGREDIENTS

1 pouch	Santiago® Seasoned Vegetarian Black Beans
2 qt	Water, boiling
½ cup + 1 Tbsp	Taco Seasoning, low sodium
1 lb + 5 ¼ oz	Romaine Lettuce, fresh, chopped
13 oz	Tostada Bowls, whole grain
3 ½ oz	Cheddar Cheese, reduced fat, shredded
12 ⅞ oz	Tomatoes, fresh, diced
2 ¾ oz	Olives, black, sliced canned, drained
1 ¾ cup	Sour Cream, light

DIRECTIONS

1. Pour ½ gallon (1.9L) boiling water into 4" deep half-steamtable pan. Whisk taco seasoning into water until fully incorporated.
2. Quickly pour beans into seasoned water. Stir ingredients together. Allow beans to sit for 40 minutes in the warmer. Remove from the warmer and stir well.
3. Place ¾ cup/6.6 oz (heaping 6 oz ladle) seasoned beans into tostada bowl. Spread ¾ cup (6 fl oz ladle) lettuce evenly over beans.
4. With the remaining ingredients make a smiley face. Sprinkle ¼ oz cheese on the top for spiky hair. Squeeze 2 Tbsp sour cream for eyes, place 2 tsp (#100 disher) olives for the nose and 1 Tbsp (~ #60 disher) tomatoes for mouth. Serve.

NUTRITION*

Cal. 380	Fat 8.8g	Sat. Fat 3.7g	Sod. 1060mg	Carb. 57g	Prot. 17g

Components: 2.25 oz eq M/MA, 1 oz eq Grain, ⅜ cup Dark Green Veg, ⅛ cup Red/Orange Veg

change ups & tips:

- These can be served anytime of the year. Use any color for various occasions.
- Serve with whole grain tortilla chips or vegetables sticks: carrots, celery, bell peppers, or jicama.

FIRECRACKER DIP CUPS

Yield: About 17 servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
1 qt + 2 cup	Water, boiling
2 cup	Enchilada Sauce, red, canned
1 lb + 14 ⅝ oz	Mexican-style White Cheese Sauce
17 drop	Blue Food Coloring
2 cup	Tomatoes, fresh diced

DIRECTIONS

1. Pour 1 quart plus 2 cups boiling water into 4" deep half-steamtable pan. Quickly pour full pouch of beans and enchilada sauce into water. Stir ingredients together and cover. Allow bean mixture to sit for 25 minutes on steamtable. Cool bean mixture in the refrigerator. CCP: Cool to 41°F or lower within 4 hours. CCP: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
2. Separate cheese sauce in half. Blend one half cheese with food coloring, blend well.
3. In 16 oz clear plastic cups place ⅔ cup/5.4 oz (#6 disher) bean mixture at the bottom, top with ½ oz equivalent white cheese and ½ oz equivalent blue cheese sauce. Top with 2 Tbsp (#30 disher) chopped tomatoes. Serve with chips or fresh cut veggies for dipping.

NUTRITION*

Cal. 290	Fat 9g	Sat. Fat 4.7g	Sod. 655mg	Carb. 34g	Prot. 18g

Components: 1 oz eq M/MA, ½ cup Legumes, ⅛ cup Red/Orange Veg

change ups & tips:

- To garnish, sprinkle with graham cracker crumbs.
- For faster production, cook in steamtable pans and top with regular or miniature marshmallows.

SWEET POTATO BALLS

Yield: About 21, 4.25 oz servings

INGREDIENTS

1 pouch	Potato Pearls® Mashed Sweet Potatoes
2 qt	Hot Water (170-190°F)
1 tsp	Pumpkin Spice
1 (1 second) spray	Cooking Spray
21 each	Marshmallows

DIRECTIONS

1. Preheat oven to 350°F.
2. Pour 1.9L (2 quarts) of hot water (170-190°F) into third-size steamtable pan. Add all potatoes and pumpkin pie spice, stir until fully combined.
   Tip: For creamier texture increase the amount of hot water. Mix by hand or prepare in a mixer.
3. Using a ½ cup/4.25 oz (#8 disher), scoop prepared potato mounds onto sheet pan(s) sprayed with pan spray.
4. Place a marshmallow on top of each sweet potato mound and push it halfway down.
5. Bake in the oven uncovered for 8-10 minutes or until marshmallow is golden brown on the top. Serve.

NUTRITION*

Cal. 150	Fat 1.5g	Sat. Fat 0g	Sod. 220mg	Carb. 35g	Prot. 2g
Components: ¼ cup Red/Orange Veg, ¼ cup Starchy Veg					

change ups & tips:

- Remove the pepperoni and serve with just cheese for Meatless Mondays or choose any traditional pizza toppings.

PEPPERONI POTATO PIZZA BAKE

Yield: About 31, 6.63 oz servings

INGREDIENTS

1 carton	BAF Au Gratin Potato Casserole, Reduced Sodium
1 gal + 1 qt	Water, boiling
⅓ cup + 5 tsp	Onions, dehydrated
1 Tbsp	Italian Seasoning
1 lb + 15 ⅓ oz	Cheddar Cheese, reduced fat, shredded
10 ⅓ oz	Pepperoni Slices, ¼ oz each

DIRECTIONS

1. Add 5 quarts boiling water (212°F) for convection oven (4 ½ quarts for conventional) to a 4" deep full-steamtable pan. Whisk in sauce mix, onions, and Italian Seasoning. Stir until cheese sauce is dissolved.
2. Add potato slices. Stir. Evenly top with shredded cheese. Top with 10 ⅓ oz (enough to equal ¼ oz equivalent M/MA each serving) pepperoni slices.
3. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. Serve ¾ cup/6.63 oz (heaping 6 oz ladle).

NUTRITION*

Cal. 230	Fat 7.7g	Sat. Fat 4.5g	Sod. 540mg	Carb. 27g	Prot. 10.7g
Components: 1.25 oz eq M/MA, ½ cup Starchy Veg					

change ups & tips:

- Substitute Teriyaki BBQ sauce for Marinara.
- Or use Alfredo sauce or Mexican style cheese sauce with chicken nuggets.

POWER MEATBALL POTATO BOWL

Yield: About 40 servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
80 each	Meatballs, beef (1 oz each)
2 qt + 2 cup	Pasta Sauce
1 gal + 1 cup	Hot Water (170-190°F)

DIRECTIONS

1. Prepare meatballs according to manufacturer's instructions.
2. Heat sauce in a kettle or steamer. (Note: if heating in a steamer, heat covered to avoid additional moisture). Mix with meatballs.
3. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan. Add potatoes, stir for 15 seconds. Let stand for 5 minutes, stir well.
4. Serve a ½ cup/4.13 oz (#8 disher) prepared potatoes, topped with 1 oz equivalent meatballs and ¼ cup sauce.

NUTRITION*

Cal. 175	Fat 5.5g	Sat. Fat 1.8g	Sod. 600mg	Carb. 21.5g	Prot. 9g
Components: 1 oz eq M/MA, ¼ cup Red/Orange Veg, ½ cup Starchy Veg					

change ups & tips:

- You can use any shredded meat/poultry with sauce.

PULLED PORK SWEET SMASH VOLCANOS

Yield: About 21 servings

INGREDIENTS

1 pouch	Potato Pearls® Mashed Sweet Potatoes
2 lb + 11 ⅝ oz	Pulled Pork, prepared
3 cup	BBQ sauce
2 qt	Hot Water (170-190°F)

DIRECTIONS

1. Prepare pork according to manufacturer's instructions.
2. Heat BBQ sauce in a kettle or steamer. (Note: if heating in a steamer, heat covered to avoid additional moisture). Mix with cooked pork.
3. Pour 1.9L (2 quarts) of hot water (170-190°F) into third-size steamtable pan. Add potatoes, stir until fully combined. Tip: For creamier texture increase the amount of hot water. Mix by hand or prepare in a mixer.
4. Serve ½ cup/4.25 oz (#8 disher) prepared sweet potatoes, top with 1 oz equivalent BBQ pork mixture.

NUTRITION*

Cal. 300	Fat 6.6g	Sat. Fat 2g	Sod. 740mg	Carb. 49g	Prot. 13g
Components: 1 oz eq M/MA, ¼ cup Red/Orange Veg, ¼ cup Starchy Veg					

change ups & tips:

- Use any color for any holiday/event.
- For a spicier flavor, use country gravy. Can garnish with fresh or dried parsley.

LUCKY GREEN POTATOES

Yield: About 40, 4.25 oz servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
1 gal + 1 cup	Hot Water (170-190°F)
1 ¼ cup	Chicken Gravy Mix
40 drop (½ tsp)	Green Food Coloring

DIRECTIONS

1. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan.
2. Whisk gravy mix into hot water until dissolved. Stir in food coloring. Add potatoes, stir for 15 seconds or until gravy is completely incorporated. If needed, add more water ½ cup at a time until desired consistency is reached.
3. Let stand for 5 minutes, stir well. Serve using a ½ cup/4.25 oz (#8 disher).

NUTRITION*

Cal. 85	Fat 1.5g	Sat. Fat 0.2g	Sod. 302mg	Carb. 16.5g	Prot. 2.5g
Components: ½ cup Starchy Veg					

change ups & tips:

- Replace the tortilla with whole grain rich tortilla chips.

HUEVOS RANCHEROS QUESADILLA

Yield: About 34 servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
15 ⅜ oz	Eggs, liquid, whole, frozen
34 each	Tortillas, whole grain (8")
2 qt	Water, boiling
2 ⅛ cup	Tomatoes, canned, diced, no salt added
½ cup + 1 Tbsp	Green Chilies
1 Tbsp	Garlic Powder
1 lb + 1 ⅛ oz	Mozzarella Cheese, shredded
1 (1 second) spray	Cooking Spray
2 ⅛ cup	Salsa, low sodium

DIRECTIONS

1. Thaw eggs in refrigerator 1-2 days before preparation. Place tortillas in the warmer for about 45 minutes.
2. Pour ½ gallon (1.9L) boiling water into 4" deep half-steamtable pan. Quickly pour beans, tomatoes, green chilies, and garlic powder into water. Stir ingredients together and cover. Allow beans to sit for 25 minutes in the warmer.
3. Scramble eggs.
4. Preheat oven to 350°F. Fold each tortilla in half. In the center spread ⅜ cup (3 oz ladle) bean mixture evenly in the center, top with ½ oz scrambled egg and ½ oz cheese. Fold in the center. Lightly spray quesadillas with pan spray and bake for 7-8 minutes or until tortilla is lightly toasted.
5. Cut each quesadilla into three triangles. Serve with 1 Tbsp salsa.

NUTRITION*

Cal. 270	Fat 7.2g	Sat. Fat 3.5g	Sod. 445mg	Carb. 39g	Prot. 13g
Components: 2 oz eq M/MA, 1.5 oz eq Grain, ⅛ cup Red/Orange Veg					

change ups & tips:

- Cook ham and eggs into the potatoes for an easy-to-serve casserole.

GREEN EGGS & HAM POTATO BOWL

Yield: About 32 servings

INGREDIENTS

1 carton	BAF Scalloped Potato Casserole, Reduced Sodium
1 lb + 13 ⅛ oz	Eggs, liquid, frozen
1 lb + 4 oz	Ham, 97% fat free, diced
1 gal + 1 qt	Water, boiling
⅓ cup	Garlic, granulated
33 drop	Green Food Coloring
1 (1 second) spray	Cooking Spray

DIRECTIONS

1. Thaw eggs and ham in the refrigerator the day before.
2. Heat ham according to package directions.
3. Add 5 quarts boiling water (212°F) for convection oven (4 ½ quarts for conventional) to a 2 ½" deep full-steamtable pan. Stir in sauce mix until dissolved. Add potato slices. Stir.
4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.
5. While potatoes are baking, whisk granulated garlic and green food coloring into thawed eggs. Scramble eggs.
6. To cook eggs in the steamer: Evenly distribute egg mixture into (12" x 20" x 4") steamtable pan(s) lightly coated with pan spray. Cover and steam for 10 to 15 minutes or until 165°F. Stir and chop eggs.
7. Place heaping ½ cup/5.39 oz (#8 disher) potatoes in a bowl or boat. Top with 1 oz equivalent (2 Tbsp/#30 disher) green scrambled eggs and ½ oz (#20 disher) diced ham. Serve.

NUTRITION*

Cal. 170	Fat 5g	Sat. Fat 1.5g	Sod. 375mg	Carb. 26g	Prot. 7.8g
Components: 1.5 oz eq M/MA, ½ cup Starchy Veg					

change ups & tips:

- Blend for a black bean hummus and serve with whole grain tortilla chips or vegetables sticks: carrots, celery, bell peppers, or jicama.

WALKING QUESADILLA BEAN DIP

Yield: About 13 servings

INGREDIENTS

1 pouch	Santiago® Seasoned Vegetarian Black Beans
3 ½ oz	Green Chilies with juice, canned
1 ¼ oz	Tomatoes, canned with juice, diced, no salt added
2 qt	Water, boiling
2 Tbsp	Cumin, ground
2 Tbsp	Garlic, powder
13 each	Tortillas, whole grain
13 oz	Cheddar Cheese, reduced fat, shredded
1 (1 second) spray	Cooking Spray
¾ cup + 1 ½ Tbsp	Sour Cream, light

DIRECTIONS

1. Preheat oven to 350°F. Heat tomatoes with juice and green chilies with juice in a stock pot or tilt skillet.
2. Pour ½ gallon (1.9L) boiling water into 4" deep half-steamtable pan. Whisk cumin and garlic powder into water until fully incorporated.
3. Quickly pour beans and 1 ¼ cup of heated green chilies-tomatoes mixture into seasoned water. Stir ingredients together. Allow beans to sit for 40 minutes in the warmer. Remove from the warmer and stir well.
4. Fold each tortilla on a sheet pan lined with parchment paper. Spread 1 oz of cheese in the center of each tortilla. Lightly spray with pan spray and bake for 7-8 minutes or until cheese is melted. Using a pizza cutter, cut each quesadilla into three triangles.
5. Place ¾ cup/7.1 oz (heaping 6 oz ladle) bean mixture in a boat or cup. Line the sides of the dish with three quesadilla triangles. Top bean mixture with 1 Tbsp sour cream. Serve.

NUTRITION*

Cal. 450	Fat 12g	Sat. Fat 6.8g	Sod. 960mg	Carb. 62g	Prot. 23g
Components: 3 oz eq M/MA, 1.5 oz eq Grain					

change ups & tips:

- Try it without the tree fruit or substitute the apples for pears.
- It can also be put into parfait cups. Add a dollop of yogurt.

SUPER HERO SWEET POTATO AND APPLE CRISP

Yield: About 43, 5.25 oz servings

INGREDIENTS

1 pouch	Potato Pearls® Mashed Sweet Potatoes
2 qt	Hot Water (170-190°F)
5 lb + 13 oz	Apples, canned, sliced and drained
1 tsp	Cinnamon, ground
2 lb + 11 ⅝ oz	Granola

DIRECTIONS

1. Preheat oven to 350°F.
2. Pour 1.9L (2 quarts) of hot water (170-190°F) into third-size steamtable pan. Add potatoes, stir until fully combined. Tip: For creamier texture increase the amount of hot water. Mix by hand or prepare in a mixer.
3. Drain apples well. Using a pastry cutter or scraper, chop apples into small pieces. Toss apples with cinnamon.
4. Spray steamtable pan with cooking spray. Mix 6 ¼ cups prepared sweet potatoes and 6 ¼ cups apple slices together. Spread evenly in a 4" deep full-steamtable pan. Cover and bake for 20-25 minutes. Remove from the oven and uncover. Top with 6 ¼ cups granola. Bake for 8-10 minutes or until granola is golden brown.
5. Serve ¾ cup/5.25 oz (6 oz ladle). Note: To keep sweet potatoes from sticking to the ladle, spray with pan spray.

NUTRITION*

Cal. 215	Fat 4.5g	Sat. Fat 0.3g	Sod. 185mg	Carb. 40g	Prot. 7g

Components: 1 oz eq Grain, ¼ cup Fruit, ¼ cup Red/Orange Veg, ¼ cup Starchy Veg

change ups & tips:

- Try pre-cooked taco flavored crumbles.
- Add an additional topping bar: onions, jalapenos, olives, salsa or hot sauce.

CHEESY TACO POTATOES

Yield: About 31 servings

INGREDIENTS

1 carton	BAF Au Gratin Potato Casserole, Reduced Sodium
2 lb + 9 ⅞ oz	Beef, 85/15, ground
½ cup + 1 Tbsp	Taco Seasoning
2 ¼ cup	Water, boiling
1 gal + 1 qt	Water
15 ⅔ oz	Cheddar Cheese, reduced fat, shredded
1 lb + 7 oz	Lettuce, iceberg, shredded
3 ¾ cup + 2 ½ Tbsp	Salsa, low sodium

DIRECTIONS

1. Brown ground beef. Season with taco seasoning and water according to package directions. Heat to 165°F.
2. Add 5 quarts boiling water (212°F) for convection oven (4 ½ quarts for conventional) to a 4" deep full-steamtable pan. Stir in sauce mix. Stir until cheese sauce is dissolved.
3. Add potato slices and 1 oz equivalent seasoned beef. Stir. Evenly top with shredded cheese.
4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. Top with lettuce right before serving to prevent it from wilting. Serve 1 cup/7.8 oz (8 oz ladle). Top with 2 Tbsp (1 fl oz ladle) salsa.

NUTRITION*

Cal. 265	Fat 10g	Sat. Fat 4g	Sod. 580mg	Carb. 29g	Prot. 12.7g

Components: 1.5 oz eq M/MA, ⅛ cup Red/Orange Veg, ½ cup Starchy Veg, ⅛ Other Veg

Keep kids coming back for more with these FAVORITE menu choices

LOWER SODIUM
EXCEL® Original Butter Mashed – Reduced Sodium
SKU 10799

LOWER SODIUM
Scalloped Potato Casserole – Reduced Sodium
SKU 94595

LOWER SODIUM
Smart Servings™ Vegetarian Refried Beans – Low Sodium
SKU 10302

AUTHENTIC
Seasoned Vegetarian Black Beans
SKU 60045

SWEET AND SAVORY
Mashed Sweet Potatoes
SKU 10861

LOWER SODIUM
Au Gratin Potato Casserole – Reduced Sodium
SKU 20922

WE'D LOVE TO HEAR FROM YOU! Questions? Comments? Want to try a sample or request a menu photo?
Share your favorite recipes and tell us how we can make your job easier and our food even better. **baffoodservice.com/k-12**