

BASIC AMERICAN FOODS™
RECIPES KIDS
LOVE





KID-FRIENDLY 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-prepare, 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



RECIPES KIDS LOVE

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MASHED POTATOES



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.



change ups & tips:

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

Delicious, Fun Recipes

Brighten every day with the delicious foods your students love from Basic American Foods.

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 1/8 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 1/2" x 1 1/2"), cut enough heart shapes out of each cheese slice. Set aside.
2. Pour 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. To serve, scoop about 1/2 cup of prepared cheesy potato mounds onto sheet pan(s) sprayed with cooking 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, 1/2 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:

- Switch out Parmesan cheese for your favorite 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
½ cup + 2 tsp	Parmesan Cheese, grated
1 (1 second) spray	Cooking Spray
2½ oz	Olives, black, canned, sliced, drained

DIRECTIONS

1. Pour 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. To serve, scoop about ½ cup of 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:

- Replace cheddar cheese with your favorite cheese.
- Use unbreaded chicken.

BBQ CHICKEN POTATO BOWL

Yield: About 40, 1 bowl servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium, prepared
160 each	Chicken Nuggets, prepared
2 - #10 cans	Corn, drained, heated
40 oz	Cheddar Cheese, low sodium, shredded
40 oz	BBQ Sauce, low sodium

DIRECTIONS

1. Prepare potatoes and chicken according to directions.
2. To serve, measure about ½ cup mashed, ½ cup drained corn, 1 oz cheese, 1 oz BBQ sauce.
3. Top with ½ cup drained hot corn, 1 oz shredded cheddar cheese, 1 oz BBQ sauce and 4 chicken nuggets.

NUTRITION*

Cal. 448	Fat 16g	Sat. Fat 5g	Sod. 782mg	Carb. 60g	Prot. 23g
Components: 1 oz eq M/MA, 1 cup Starchy Veg					



change ups & tips:

- Use any color to celebrate a variety of holidays and events.
- 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 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. To serve, scoop about ½ cup of mashed potatoes.

NUTRITION*

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

POWER MEATBALL POTATO BOWL

Yield: About 40, 1 bowl servings

INGREDIENTS

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

DIRECTIONS

1. Prepare meatballs and mashed potatoes according to directions.
2. Heat sauce in a kettle or steamer. (Note: if heating in a steamer, heat covered to avoid additional moisture). Mix with meatballs.
3. To serve, scoop about ½ cup of mashed 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:

- Substitute Teriyaki BBQ sauce for Marinara.
- Instead of meatballs, use chicken nuggets and pair with Alfredo sauce or Mexican-style cheese sauce.

EASY ADD-INS FOR MASHED

Giving your students more of their favorite mashed potatoes just got easier with these simple and delicious one- to two-ingredient add-in recipes.

YIELD: Each recipe yields about 40, 4.17 oz servings

CHANGE UPS & TIPS

INGREDIENTS

DIRECTIONS



CHEESY GARLIC MASHED

- Adds extra flavor to meatballs and marinara mashed bowls
- Serve with your favorite chicken and veggie dishes

- 1 pouch Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
- 1 gal + 1 cup Hot Water (170-190°F)
- 1 Tbsp Garlic powder
- 12 oz Parmesan cheese, grated

1. Pour water into a 6-inch deep, half-steamtable pan.
2. Add garlic powder to water and stir.
3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min.
4. Add cheese and stir well to combine. Serve.

NUTRITION*

Cal. 105	Fat 3g	Sat. Fat 3g	Sod. 325mg	Carb. 15g	Prot. 0g
Components: ½ cup Starchy Veg					



CHIPOTLE MASHED

- Great as a base for buffalo chicken bowls
- Perfect for kids to dunk their chicken tenders in

- 1 pouch Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
- 1 gal + 1 cup Hot Water (170-190°F)
- 2 oz Chipotle peppers in Adobo sauce, minced

1. Pour water into a 6-inch deep, half-steamtable pan.
2. Add peppers to water and stir.
3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min. Serve.

NUTRITION*

Cal. 70	Fat 1g	Sat. Fat 0g	Sod. 180mg	Carb. 14g	Prot. 0g
Components: ½ cup Starchy Veg					



RANCH TATERS

- Serve alongside burgers or BBQ sandwiches
- Add veggies and protein for a hearty bowl

- 1 pouch Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
- 1 gal + 1 cup Hot Water (170-190°F)
- 1 oz Ranch dressing, dry

1. Pour water into a 6-inch deep, half-steamtable pan.
2. Add ranch to water and stir.
3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min. Serve.

NUTRITION*

Cal. 70	Fat 1.5g	Sat. Fat 0g	Sod. 225mg	Carb. 14g	Prot. 0g
Components: ½ cup Starchy Veg					



NACHO TATERS

- Fill a taco shell and make nacho tater tacos
- Makes a great base for any Mexican-themed bowl

- 1 pouch Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
- 1 gal + 1 cup Hot Water (170-190°F)
- 3 oz Jalapeño pepper, canned, minced, solids & liquid

1. Pour water into a 6-inch deep, half-steamtable pan.
2. Remove jalapeños from juice, reserve juice, finely mince. Add peppers back to juice to equal 3 oz. Add peppers to water and stir.
3. Add all potatoes and stir with slotted spoon for 15 sec. Sit for 5 min. Serve.

NUTRITION*

Cal. 70	Fat 1g	Sat. Fat 0g	Sod. 205mg	Carb. 14g	Prot. 0g
Components: ½ cup Starchy Veg					

POTATO CASSEROLES



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, 1 each servings

INGREDIENTS

1 carton	BAF Au Gratin Potato Casserole, Reduced Sodium
2 lb + 9 7/8 oz	Beef, 85/15, ground
1/2 cup + 1 Tbsp	Taco Seasoning
2 1/4 cup	Water, boiling (212°F)
1 gal + 1 qt	Water
15 3/8 oz	Cheddar Cheese, reduced fat, shredded
1 lb + 7 oz	Lettuce, iceberg, shredded
3 3/4 cup + 2 1/2 Tbsp	Salsa, low sodium

DIRECTIONS

1. Brown ground beef. Season with taco seasoning and add water according to package directions. Heat to 165°F.
2. Add boiling water 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, 1/8 cup Red/Orange Veg, 1/2 cup Starchy Veg, 1/8 Other Veg					

CASSEROLES:
+108%
12-month growth
at K-12²



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 (212°F)
½ 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 water 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:

- Add some heat with Spicy Monterey Jack cheese.

HEALTHY START BREAKFAST BAKE

Yield: About 28, 1 cup servings

INGREDIENTS

1 carton	BAF Au Gratin Potato Casserole, Reduced Sodium
1 gal + 1 qt	Water, boiling (212°F)
14 oz	Cheese, cheddar, reduced fat
1 tsp	Black Pepper, ground
3 cups	Liquid Eggs, whisked
5 ¼ cups	Cornflakes cereal

DIRECTIONS

1. Add water to 2 ½" deep full-steamtable pan. Stir in sauce pack until dissolved.
2. Add potatoes, cheese and pepper. Add egg last and gently stir.
3. Bake in 325°F convection oven for 45-60 min (425°F conventional). Evenly top with cornflakes after baking.

NUTRITION*

Cal. 234	Fat 6.5g	Sat. Fat 2.6g	Sod. 482mg	Carb. 32g	Prot. 9.7g
Components: 1 oz eq M/MA, .5 oz eq Grain, ¾ cup Starchy Veg					

BEANS



change ups & tips:

- Drizzle sour cream over top.
- For a tangy flavor, use green Enchilada Sauce.

ENCHILADA BAKE

Yield: 12, 1 each servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, prepared, 12 cups separated
½ cup	Mexican Rice, prepared
24	Tortillas, whole grain (6")
24 oz	Cheese, shredded
53 oz	Enchilada Sauce

DIRECTIONS

1. Preheat the oven to 350°F.
2. Prepare beans and rice separately according to directions.
3. In a large bowl, mix the beans and rice.
4. Place a tortilla on a flat surface and spoon the bean and rice mixture onto the tortilla. Roll it up and place it in a baking dish. Repeat with the remaining tortillas and filling.
5. Pour the enchilada sauce over the assembled enchiladas, making sure they are fully covered.
6. Sprinkle the cheese over the top of the enchiladas.
7. Cover the baking dish with foil and bake in the oven for 25-30 minutes, or until the cheese is melted and bubbly.
8. Serve hot.

NUTRITION*

Cal. 436	Fat 10g	Sat. Fat 4g	Sod. 856mg	Carb. 63g	Prot. 23g
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Components: 3 oz eq M/MA, 2 oz eq Grain, ¼ cup Red/Orange Veg

REFRIED BEANS:
TRIPLE-DIGIT
GROWTH
 when paired
 with burritos on
 K-12 menus²



change ups & tips:

- Top it off with pico de gallo.

CHEESY BEAN BOWL

Yield: 16, 1 bowl servings

INGREDIENTS

4 cups	Santiago® Smart Servings™ Vegetarian Refried Beans, prepared, 4 cups separated
16 cups	Brown Rice, prepared
1 lb	Chicken Strips or Turkey, grilled
8 oz	Cheddar Cheese, shredded
8 oz	Red Peppers, diced

DIRECTIONS

1. Prepare beans, rice and chicken according to directions.
2. To serve, in a bowl, layer 1 cup rice, ¼ cup beans, 1 oz chicken or turkey strips, ½ oz cheddar cheese, and ½ cup red peppers.
3. Microwave or bake until cheese is melted.

NUTRITION*

Cal. 411	Fat 8g	Sat. Fat 3g	Sod. 328mg	Carb. 64g	Prot. 19g
Components: 2.5 oz eq M/MA, 2 oz eq Grain, ½ cup Red/Orange Veg					



change ups & tips:

- Instead of a tortilla, serve with whole grain tortilla chips for an added crunch.

HUEVOS RANCHEROS QUESADILLA

Yield: About 34, 1 each servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
15 ¾ oz	Eggs, liquid, whole, frozen
34 each	Tortillas, whole grain (8")
2 qt	Water, boiling
2 ½ cup	Tomatoes, canned, diced, no salt added
½ cup + 1 Tbsp	Green Chilies
1 Tbsp	Garlic Powder
1 lb + 1 ½ oz	Mozzarella Cheese, shredded
1 (1 second) spray	Cooking Spray
2 ½ 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 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 ¾ 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 cooking 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, ⅓ cup Red/Orange Veg					



change ups & tips:

- Add chopped lettuce and your favorite shredded cheese for more texture and flavor.



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.

TACO BEAN DIP CUPS

Yield: About 17, 1 each 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 5/8 oz	Mexican-style White Cheese Sauce
2 cup	Tomatoes, fresh, diced

DIRECTIONS

1. Pour 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. In 16 oz clear plastic cups place 2/3 cup/5.4 oz (#6 disher) bean mixture at the bottom, top with 1 oz of White Cheese Sauce. Top with 2 Tbsp (#30 disher) chopped tomatoes.

NUTRITION*

Cal. 290	Fat 9g	Sat. Fat 4.7g	Sod. 655mg	Carb. 34g	Prot. 18g
Components: 1 oz eq M/MA, 1/2 cup Legumes, 1/8 cup Red/Orange Veg					

MACHO NACHOS

Yield: About 34, 1 each servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
1 qt + 2 cup	Water, boiling
2 1/8 cup	Enchilada Sauce, green, canned
2 lb + 2 oz	Mexican-blend Cheese, shredded
2 lb + 2 oz	Tortilla Chips, whole grain
12 1/3 oz	Lettuce, iceberg, shredded
15 3/4 oz	Tomatoes, fresh, diced
1 cup + 1 Tbsp	Sour Cream, light

DIRECTIONS

1. Preheat oven to 350°F.
2. Pour 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 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 1/2 cup/4 oz (#8 disher) beans and cheese. Top with 1/4 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, 1/8 cup Red/Orange Veg, 1/8 cup Other Veg					



change ups & tips:

- Remove the taco bowl and pair with whole grain tortilla chips.



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.

HAPPY TACO BOWL

Yield: About 13, 1 bowl servings

INGREDIENTS

1 pouch	Santiago® Refried Pinto 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 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, ⅓ cup Dark Green Veg, ⅛ cup Red/Orange Veg					

WALKING QUESADILLA BEAN DIP

Yield: About 13, 1 each 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.
2. Heat tomatoes with juice and green chilies with juice in a stock pot or tilt skillet.
3. Pour water into 4" deep half-steamtable pan. Whisk cumin and garlic powder into water until fully incorporated.
4. 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.
5. 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.
6. 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					

BOWL BUILD IDEAS

Basic American Foods' mashed potatoes and beans make the perfect bowl base for delivering all sorts of flavorful foods kids crave. These kid-friendly builds will be a hit with your students and help you use your commodity protein pounds. Go ahead – bowl 'em over.



The #2 paired term with MASHED POTATOES on K-12 menus is "BOWL"²

SUPER TURKEY MASHED BOWL



Potato Pearls® EXCEL®
Original Butter Mashed - R/S
(SKU 10799)
½ cup

+



Turkey Pot Roast
4oz spoodle

+



Corn

+



Shredded Cheddar Cheese

ASIAN FUSION MASHED BOWL



Potato Pearls® EXCEL®
Original Butter Mashed - R/S
(SKU 10799)
½ cup

+



Sliced Beef
#10 scoop

+



Broccoli

+



Teriyaki BBQ Sauce

R/S = reduced sodium. L/S = low or lower sodium.

CHICKEN CANTINA BEAN BOWL



+



+



+



+



Santiago® Smart Servings™
Vegetarian Refried Beans - L/S
(SKU 10302)
1/2 cup

Fajita Chicken
4oz spoodle

Whole Grain Chips

Salsa Verde

Diced Tomatoes

WALKING TACO BEAN BOWL



+



+



+



+



Santiago® Smart Servings™
Vegetarian Refried Beans - L/S
(SKU 10302)
1/2 cup

Taco Meat
(Beef or Turkey)
#8 scoop

Whole Grain Chips

Salsa

Shredded
Cheddar Cheese

BURRITO BEAN BOWL



+



+



+



+



Santiago® Smart Servings™
Vegetarian Refried Beans - L/S
(SKU 10302)
1/2 cup

Taco Meat
(Beef or Turkey)
#8 scoop

Rice
(White or Brown)

Salsa

Shredded
Cheddar Cheese

KID FOOD FAVORITES

Keep students coming back for more of what they love.



Potato Pearls® EXCEL® Original Butter Mashed – Reduced Sodium
SKU 10799

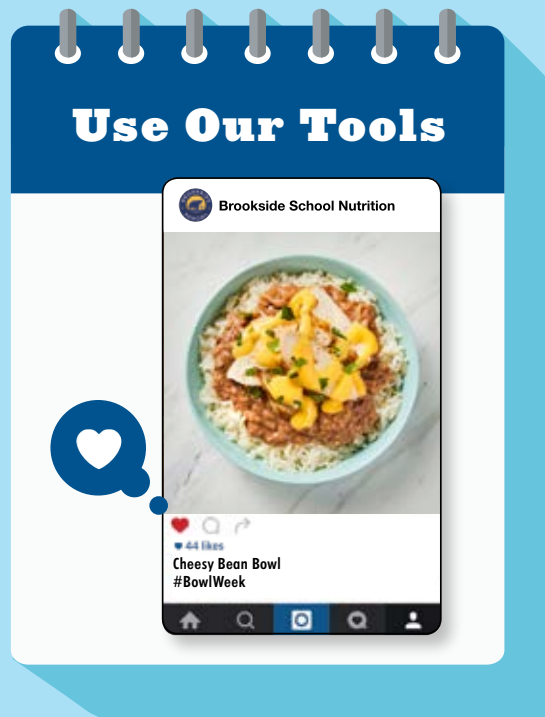


Scalloped Potato Casserole – Reduced Sodium
SKU 94595



Smart Servings™ Vegetarian Refried Beans – Low Sodium
SKU 10302

Use Our Tools



WE MAKE IT EASY for you to let parents know the tasty foods you are serving to their kids. All these delicious recipe photos are available for you to use for your calendars, flyers, signage, social media, and more!

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

2 Datassential June 2023